

M A N L I F E

ALFRED W. LAWSON



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MAN LIFE

BY

ALFRED W. LAWSON

The Author of

Lawsonomy.
Born Again.
Natural Prophecies.
How To Grow Young.
The Key To Perpetual Movement.
A 2000 Mile Trip In The First Airliner.

The Inventor of

The Airliner.
The Armored Battler.
The Trans Oceanic Float System
And Many Aeronautic Mechanical Devices.

The Discoverer of

Perpetual Movement.
The Law Of Penetrability.
Zig-Zag-And-Swirl Movement.

The Founder of

LAWSONOMY—The Super Science of Life.

COSMO POWER COMPANY

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DEFINITIONS.

LAWSONOMY—A super science that treats of the basic laws that govern the Universe—Physical, Mental, Moral, Spiritual—and shows their relationship to one another according to the discoveries made and the understanding of those laws by Alfred W. Lawson, the Founder.

UNIVERSE—That which extends everywhere and embraces everything. It always was, is now, and always will be.

DENSITY—That which the universe is composed of. Density is made up of substances of infinite variability and the difference causes Penetrability. There is no space without Density. Space with lesser Density draws toward it substances of greater Density. Substances of different density penetrate one another. Although indistructable there is no limit to the separability of density.

PENETRABILITY—The basic law of movement as discovered and explained by Alfred W. Lawson. This law shows that all movement in the universe is an effect of a difference in density whereby one substance penetrates another substance through the pull of suction and the push of pressure.

SUCTION—Movement caused by space with lesser density drawing toward it substances of greater density. Lawsonomy shows that size and direction does not exist in the universe except through comparison of moving currents, bodies, or particles and that greater density falls towards lesser density until opposed by counteracting pressure.

PRESSURE—Movement caused by greater density falling toward space with lesser density. Lawsonomy shows that as the universe has no size it can have no direction, but that moving currents, bodies, or particles takes a line towards space with lesser density until overcome by an equal or greater movement caused by either suction or pressure, or until stopped by a wall of greater density or reaching a level of equal density.

LAWSONPOISE—A common level sought between greater and lesser density that creates a balance in the universe. The cause of perpetual movement. Lawsonpoise is the masterpart of the universe without beginning or end. It extends everywhere and affects everything. It causes all movement to be simultaneous and interdependent.

ZIG-ZAG-AND-SWIRL—Is movement in which any formation moves in a multiple direction according to the movements of many increasingly greater formations, each depending upon the greater formation for direction and upon varying changes caused by counteracting influences of suction and pressure of different proportions.

SUPERLATIVE MATHEMATICS—A greater system of mathematics that coming man must devise to compute Zig-Zag-And-Swirl and measure cosmic currents.

SUBSTANCE—A manifestation of density in variable forms. Any form of substance is made up of a combination of substances, each of which is composed of substances and so on without end.

COLOR—A manifestation of substances the shades of which are as variable as the variability of substances.

LIGHT—A substance, or combination of substances or particles of different colors made tangible by pressure. It is manifested through impact against substances of greater density. It penetrates substances of both greater and lesser density.

SOUND—A substance of subtle penetrating qualities caused by pressure of various matter which becomes intelligible through specially constructed organs such as the ears of man, into which it is drawn by suction.

MENTALITY—A substance of subtle penetrating qualities and great speed. It is used to manifest feeling or consciousness through the instrumentality of the mental system.

MENTAL ORGANISMS—Minute living mechanisms that have both power of suction and pressure and capable of both receiving and transmitting intelligence.

MENTAL FIBRES—Small tubes through which currents of mentality pass carrying messages to and from the senses and center of consciousness of living forms.

MENTAL SYSTEM—The machinery in living forms through which feeling and consciousness are manifested. In man it consists of Mental Organisms, Mental Fibres, Mental Channels, Mental Currents, Spinal Cord and Brain.

HEAT—A form of density. A substance made apparent through pressure of various matter. All matter contains heat but its intensity is effected by concentration and pressure. The difference in intensity of heat imparted to two bodies of equal mass but different substance is caused by a difference in suction of the different substances that heat mixes with. When released by pressure heat pursues the lines of the least resistance toward suction points or space of lesser density. In attempting to reach space of lesser density heat passes through the minute pores of solids, fluids and air causing expansion, dissolution and reformation of substances. A combination of heat and water produces a different form of density—steam—which is substance of lesser density than water but of greater density than heat.

Steam also moves towards space of lesser density and any movable thing in line of it will be moved by it. It is the pressure of steam confined within a restricted space trying to reach space of lesser density that forces movable machinery to move. Among the theories taught in schools today is that heat is a form of energy caused by vibration of ether, but Lawson's Law of Movement shows that there is no such thing as a form of energy in the universe and that this unprovable theory is a fallacy with no basis of support and must be abandoned if science is to make substantial advancement in physics along provable and natural lines. According to Lawson there is nothing mysterious about movement if the underlying principle of Penetrability is understood.

A fool may be born with good health, but it takes wisdom to learn how to improve it.

THE WIZARD OF REASON

BY

CY Q. FAUNCE

To try and write a sketch of the Life and works of Alfred W. Lawson in a few pages is like trying to restrict space itself. It cannot be done. So we must be satisfied at this time with a record of a few bare facts concerning this unique thinker and hope that we may be called upon subsequently to portray in a more complete form the interesting features of a life replete with thrilling incidents and extraordinary accomplishments.

From a human point of view Lawson is a veritable wizard of reason, for in giving to the world the Law of Penetrability and also Zig-Zag-And-Swirl Movement, he has placed himself in the forefront of all great thinkers who have preceded him during the history of mankind. The lessons from Copernicus, Galileo, Newton and Einstein, relating to universal laws are like school boy information in comparison to Lawson's analysis of eternal movement.

The Life of Alfred W. Lawson has been that of an indefatigable experimenter and builder. With an analytical mind that bores through the foundations, he has spent his life as an investigator of

natural laws and as a designer and constructor of practical things.

To start with, Lawson built himself up from an obscure child without education, prestige or encouragement to a vigorous physical and intellectual manhood.

He actually built his own strong body and mind to superb standards with the idea constantly in view of how best he could serve humanity. Always thinking of mankind and for mankind to the exclusion of his own economic interests is what made Lawson the great practical thinker—the master of mind.

Alfred William Lawson was born in London, England, from Scotch-English parents. His father, Robert Henry Lawson, was a mechanical engineer, inventor and theological scholar who studied at Oxford for the ministry. His mother, Mary Anderson Lawson, was a student of economics. They emigrated to America when Alfred was but three weeks old which gave him an early start to see the world.

As a boy, young Alfred had no advantages over other boys in any way, unless it was that he was not overfed or pampered by his parents and was afforded an early opportunity to support and develop himself by and through his own efforts.

At the age of eleven years, after a short public school education, Alfred Lawson started out to shape his own course in this world and began to earn his living expenses by selling newspapers in the streets of Chicago.

But from the very beginning of his life Lawson sacrificed his chances for economic gain to take time for thought and travel. He wanted to see the world for himself and take time to study man and his relationship to the universe. He noted the different happenings everywhere and then mused over the causes for them.

Lawson was a normal boy however, and he liked to play as well as to work, and growing up in an American atmosphere he learned to play baseball.

Lawson became an adept at baseball play and having an innate love for travel as well as a desire to grow strong physically he became a professional baseball player.

During the summer of 1890, Al Lawson as he was then known, was a pitcher for the Boston and Pittsburg clubs of the National League of America. One of the outfielders of the Pittsburg Club during that year was Billy Sunday, who subsequently became America's most famous Evangelist.

But even as a boy Lawson was not satisfied with playing away his life but yearned to develop business capacity within himself. He had latent organizing ability and began to demonstrate it by organizing ball clubs and leagues. Later he became known as the greatest organizer of baseball leagues in America, having established eleven different minor leagues.

During the winter season of 1890-1891, Lawson organized the "All America Base Ball Club" and took it on a trip through Cuba. He took along with him a young amateur shortshop by the name of John

McGraw whom he discovered playing with a little country club at Wellsville, N. Y. He coached this youngster in the fine points of the game, encouraged him in his desire to become a great player and after the trip to Cuba he secured for him a position with the Cedar Rapids, Iowa, Club. Subsequently John McGraw became the greatest baseball manager in history and for more than twenty-five years successfully managed the New York Club of the National League.

Lawson is a man who takes as much pride in the success of other great men as he does in his own success and during his whole life he has aided in bringing forward many promising young men in the different lines of work with which he has been associated.

During his baseball career, Lawson became the owner of many clubs from which he earned a fortune. He developed unusual ability for organizing and managing big business projects. At one time he owned five of the eight clubs in one league.

The baseball business gave Lawson a chance to develop his business ability in a big way but he never forgot the idealistic side of life. Much of his time was spent in foreign travel and he visited Europe, Africa, Australia, New Zealand and many other parts of the world.

Although Lawson proved himself to be an exceptionally good business man he found time for mental as well as physical recreation. He became a writer and put into form many notable works that are instructive and useful to mankind.

In his book "Born Again" published in America in 1904, Lawson showed at that early stage of his life that he had considerable knowledge of the fundamental laws that govern the universe and particularly of Physics, Economics and Psychology. In that book, which was also published in Germany in 1905, Lawson told how an entire nation could be asphyxiated during warfare by the administration of poisonous gas.

Many years later the Germans began the practice of poisonous gas in warfare on a smaller scale than Lawson indicated, but it has come to pass that scientists everywhere now acknowledge that what Lawson pointed out many years ago is quite practical and that it is possible for an enemy to asphyxiate an entire nation with poisonous gas.

In "Born Again", Lawson showed how the transmigration of the soul is possible as well as showing how many remarkable achievements are within the reach of future man, some of which are as follows:

That a city can be owned and operated by a community with great economic advantages and that it can be built entirely under one roof, a mile or more high. That the streets can be made to run vertically as well as horizontally, with car service going upward and downward as well as forward and backward, at different levels and with suitable connections made altitudinally as well as latitudinally and longitudinally. That the interior of such a city can be irrigated with pure air and lighted everywhere at all times with sunlight.

That sunlight is a substance and that it is possible to harness or mix it with matter of greater density and utilize the compound for lighting purposes.

That it is possible for people to see and hear what is going on in any part of the world at any time through the power of extended mentality.

That thought transference is a natural process and can be acquired by the human race within a few generations by continuous desire, effort and practice.

That is possible for the human race to think collectively and thus create a powerful earthly consciousness capable of directing the movements of cosmic formations.

These and many other remarkable things did Lawson tell to the world in "Born Again" more than twenty years ago.

Lawson also worked out a rule whereby he could forecast with marvelous accuracy future economic changes and events. Many of his published forecasts have already come true as he outlined them in his early articles and editorials.

Lawson retired from the baseball business in 1908, when he decided to develop a movement towards aircraft and air transportation. During that year he founded the magazine Fly of Philadelphia and two years later he founded the magazine Aircraft of New York. It was he who coined the word Aircraft and he also had it registered as a trade-mark in the United States Patent Office.

His unusual understanding of physical laws enabled Lawson to point out editionally to his co-work-

ers in airology throughout the world how aircraft could be developed for war and commercial purposes. His remarkable statements published in Fly and Aircraft at different times between 1908 and 1912 that airplanes would be used as fighting machines, "just as soon as Germany, France and England decide to go to war" was more or less ridiculed by both aeronautic men and laymen alike at that early stage of the airplane.

Several years afterward, however during the world war when exactly what Lawson had written and published in his magazines, actually happened, then those who remembered his published statements said that he must be a prophet, but Lawson said that what he had pointed out was merely a practical forecast based upon physical and economic laws.

After the United States of America entered the world war, Lawson, besides designing and building airplanes for the Government, invented the "Trans-Oceanic Float System" whereby a number of airplane carriers were to be stationed at intervals of fifty miles apart across the ocean as guide points and landing and supply stations for airplanes flying across the Atlantic in order that thousands of them could be sent to the battle lines in Europe in the quickest way and at the least cost in shipment.

The war ended before these plans could be carried out by the War and Navy Departments, but a year after the war was over the United States Navy proved the practical value of the plan, as far as flying boats were concerned, by sending the first

airplane across the Atlantic Ocean according to Lawson's Trans-Oceanic Float System.

After the war Lawson invented the Commercial Airliner which he described as follows:

"A heavier-than-air-craft of commercial design with cabin capable of seating eighteen or more people and of sufficient height to allow passengers to walk erect from end to end without interference from cross-wires or bracings of any sort."

In 1919, Lawson built a 26 passenger carrying airliner of that type in Milwaukee, Wisconsin, U. S. A. and amazed the world by navigating it himself from Milwaukee to New York and Washington, D. C., and return to Milwaukee after carrying several hundred passengers altogether between points and establishing many new aeronautic records.

As an illustration of how thoroughly Lawson develops his plans before proceeding to put them into shape, the first airliner was flown from Milwaukee to Chicago, New York and Washington, immediately it was taken from the factory and assembled on the flying field. There were no alterations to be made nor a part changed in the whole aircraft.

In 1920 Lawson invented and built "The Midnight Airliner" in which he introduced sleeping berths, a shower bath, a heated cabin, a mail chute and many other innovations for efficient and luxurious air transportation. He also introduced a method for transferring mail and passengers from the Airliner to a small airplane while both moved along together at the same rate of speed.

Lawson states that air navigation is a very simple proposition and that it will only take a few years of natural growth before it will be generally adopted by mankind for commercial as well as for war purposes. He says that there is no problem in air traffic that he has found impossible to solve and that it is merely a matter of capital catching up to the idea.

"Furnish the money to build the ships and equip the service" says Lawson, "and I will show you quickly how a profitable Airline can be put into order. Air transportation is child's work anyway in comparison to some of the other great economic plans I am working out."

"It is one thing to be able to work out big plans and another thing to be able to make capital see their earning capacity" says Lawson, "the bigger the plans the more money is required to execute them."

"With the money it takes to build a modern battleship" continued Lawson, while in a talkative mood, something that seldom happens, "I could build a machine that would annihilate an entire army or navy or fleet of aircraft several hundred miles away. I could also build machinery that would light up the world with sunlight instead of electricity; heat the world direct from the sun instead of from the coal mines; and furnish power to operate industrial plants at one-tenth of the cost that it now requires. But who can understand these things"?

That is just the question, who is there among us mortals today who can understand Lawson when he

goes below a certain level? There seems to be no limit to the depth of his mental activities.

The master of mind has come. Who is there among us strong enough to recognize him? Where are the minds to understand his works? Who can analyze his thoughts or visualize his understanding of the universe?

Lawson very clearly proves in his elucidation of Penetrability that vibration is not the cause of movement but simply an effect of Pressure caused by Suction which is primarily caused by a difference in density.

He also very clearly proves that the word Energy is a meaningless phrase and that no such thing exists in the universe, because everything that moves does so by or through currents of different density pulled by Suction and pushed by Pressure. He upsets all textbook theories on Physics heretofore claimed by the greatest scholars on Earth.

Lawson shows that Newton's Law of Gravity is simply the pull of the Earth's Suction and that Newton's whole work relates to but a minute particle of the vast fabric of Penetrability.

Lawson also shows that Einstein's theory of Relativity is right only insofar as it relates to a difference in size of bodies or the speed of light in comparison to the speed of other substances, but that Einstein's claim that Time is a dimension is wrong. From Lawsonomy we learn that Eternity recognizes no such condition as Time, and Lawson says that "Time is merely a form of comparative conscious-

ness and is reckoned according to the movements of different bodies”.

Lawson’s Law which says “the attraction of bodies or particles to one another is but the attraction of Suction for Pressure is a distinct contribution to the science of chemistry; and his discovery that “the difference in sex is determined by Suction and Pressure” and that “consciousness is the effect of organized substances and thinking is caused by Suction and Pressure” is so tremendous in scope that physicists, metaphysicists and biologists will be kept busy for centuries to come fathoming and determining their important features.

It will interest physiologists to know the Lawson Law of building up and tearing down human beings by Suction and Pressure, and also to learn that mentality and sound are both substances of different density. They will also agree, no doubt, that the blood must first be drawn to the heart by Suction from all parts of the body before it can pumped into the body as Lawson has so clearly pointed out in his chapter on Heart Suction and Blood Swirl.

Harvey, who first discovered that the blood moved through the body did not, of course, understand Penetrability and could not show the cause of blood circulation as Lawson explains it.

Lawson’s Law that “there is no limit to the smallness of space” will no doubt puzzle atomic theorists, histologists and students of microrganisms for some time to come, as well as the information that Suction and Pressure builds up and tears down molecules, atoms and electrons according to the same rule that

human beings or greater bodies are composed and decomposed.

Astronomers will be astonished to learn from Lawson that the earth is a living breathing body that draws its sustenance in principally at the North Pole as well as through the pores of its crust and that it ejects its waste gases chiefly at the South Pole; also that the earth moves around the sun in a Swirl periodically within a current of ether, pulled and pushed by Suction and Pressure.

And Astronomers, Physicists, Chemists, Metaphysicians, Histologosits, Biologists and Economists will all learn much more from Lawson than what he has already announced if he lives long enough to fully record the investigations he has already made in Universal movement.

The birth of Lawson was the most momentous occurrence since the birth of mankind. His coming will establish the beginning of a new order in the development of man. The mental means to bring to man's consciousness an understanding of Penetrability and Ziz-Zag-and-Swirl movement and a greater mathematical system to compute the effects of that complex movement must be developed. That of course is the work of centuries, but Lawson has clearly and definitely pointed the way and mankind invariably recognizes and follows its greatest leaders although not always as quickly as would appear to its best interests to do.

There is no human or universal problem that the mind of Lawson could not fathom and make clear if he had the time to devote to it. To use his own

words "nature has no secrets. If man will but look far enough he can see and know everything."

Lawson brings to the average thinking man or woman in simple, beautiful expressions the greatest secrets that the universe contain.

His masterful works can be understood by the thinking child if but studied and pondered over carefully. His every sentence must be studied however, not merely read. His books should be re-read many times and each time one will come nearer to the marvelous truths expressed so clearly by him.

Lawson says that his great work is only begun and that he has formulated plans that will require fifty years to complete; but if Lawson should die today, posterity will honor and glorify him as no other mortal, because he has given mankind the true base from which to start an edifice of super-knowledge of the universe and its laws.

September 19, 1922, will always be remembered as an eventful day because on that date Lawson gave to the world Penetrability, presented in the form of an address before a body of Journalists at Washington, D. C. It was copyrighted and recorded in the Library of Congress on that day, under the title of LAWSONOMY—a digest—and the news telegraphed to all parts of the world.

Penetrability was not a sudden and unexpected discovery by Lawson. He spent the best part of his life deliberately working it out through the process of reason. He understood this great law years before he publicly recorded an outline of it, but he

took plenty of time to experiment with the principle before giving it to the world.

With characteristic patience and thoroughness with which he undertakes the solution of all problems Lawson first made sure that he was right before he recorded the facts in digestible form.

Posterity alone will be able to fully appreciate the value of this agreeable contribution and countless human minds will be strengthened and kept busy for thousands of years developing the limitless branches that emanate from the trunk and roots of the greatest tree of wisdom ever nurtured by the human race.

AUTHOR'S PREFACE

After many years of thought upon the subject I have worked out and now understand the basic law that causes eternal movement. I have discovered that there is no such thing in the universe as energy. That is to say there is no tangible form of Energy as is now taught in schools throughout the world. I can also prove that the whole theory of vibration is a fallacy.

The new law, I call Penetrability and all movement from atom to Solar System and beyond is but the effect of it.

The definition of Penetrability set forth in dictionaries is not as I define it, but as this word expresses most clearly the idea I wish to convey, I have adopted it for the purpose.

I have also coined a new word—LAWSON-POISE—which briefly means the balance between Suction and Pressure in their relationship to Penetrability. I might have found another word that would have expressed the idea, but in order to avoid misunderstanding as much as possible, I call it Lawsonpoise.

The words Suction and Pressure are used to express the idea I wish to convey although not used entirely in the same sense as dictionaries define

them. However, one will soon catch the meaning of these words as the general idea unfolds itself.

I also give my own meaning to the words Density and Substance. My definition of Density is; all matter in the universe. My definition of Substance is; a form of density. To simplify the subject I refer to solids, liquids, air, vapor, etc., as substances, although each is a combination of substances.

When I speak of solids, liquids, air, gases, etc., as substances, it is to make clear as possible, the idea of Penetrability, although all of these are composed of substances which are likewise composed of substances. In fact, there is no such thing as a substance, that is not composed of substances. I want to explain the idea, however, and not split hairs on technicalities. I also want the student to grasp the great idea instead of wasting time trying to find flaws in the language used to express it.

The law that governs eternal movement being a big subject, I realize that it will take some time for mankind to wholly digest it, so I shall make it known in parts.

While strictly speaking Lawsonpoise is only applicable to eternal movement throughout the universe, still I have found a way to apply the principle to a human being and thereby increase the length of his life and power immeasurably. So I have decided that the physiological branch of Penetrability and Lawsonpoise will be published first and other branches connecting with Physics, Chemistry, Astronomy and Economics will be taken up later in separate treatises.

It must be understood at the outset that I deny nothing that has so far been proved, but that my discoveries are basic and are immutable laws for Science to take hold of and be guided by. So far no one has ever proved what Energy is, for the simple reason that there is no such thing in the universe. But on the other hand my law of Penetrability explains very clearly just how everything moves.

In this work I adopt everything Science has already proved physiologically that is in conformity with my own basic laws but I substitute alterations and additions where previous information was found inaccurate or limited.

The theory that Energy has a tangible form is easily disproved and must be discarded as soon as Science understands the law of Penetrability.

There is nothing according to the law of Penetrability that discredits the practice of medicine. In fact it upholds the principle and proves that Medical Science is a necessity and that it has already proved itself to be of incalculable benefit to the human race.

A Physician, however, cannot be held responsible for either health or sickness. Every person is more or less responsible for physical ailment, and the practitioner is merely called upon to repair the damage after the guilty one has broken Natural Laws and forced himself into a disabled condition.

If a telegraph wire is broken and communication is disturbed between two points a repairman is needed to fix the line, and likewise, if a mental fiber is disconnected, or an organ, bone, muscle or tissue

of the human frame is out of order a Physician, or one skilled in such work, must be called upon to repair the damage. Therefore, the Physician is no more or less than a human repairman.

But I say, if one will understand the laws upon which he is created, nourished and moves about, and will live in harmony with those laws, that sickness will not appear at all and the repairman will not be needed. But on the other hand, as long as there are people who break these Laws, then, insane asylums and hospitals are needed and Physicians and Nurses must attend to them.

It is not the purpose of this work, however, to either agree or disagree with different methods of treatment offered as cures, but to point out to the student how a human being is composed, how he is able to move, how he grows, and how he decomposes and passes away, as well as to show him how he can adjust himself so that sickness cannot take hold of him, and how he can retain, or obtain the muscular elasticity and appearance of youth for an indefinite period, and how this can be accomplished without any outside help whatever.

Man is not his own architect, but he is his own builder and he can learn and must learn how to build himself with the best materials and by the most efficient methods and upon correct principles.

Wishing for good health, however, will not bring it—the denial of ailments does not cure them nor cause them to disappear. For if that was the case life would be but one pleasant dream after another, with neither effort nor laws to be bothered with.

One must not distort his reasoning faculties by adopting such idiosyncrasies, for if he does he will soon find himself unable to reason at all or to analyze correctly any sort of a mental proposition or natural condition.

By distorting his mind with the fumes of opium a poor sick weakling can imagine that he is well and living a life of ease and comfort without effort, but that does not make it so, any more than the deluded drunkard sees real snakes while in a state of Delirium Tremens. It is as easy to fall from one side of mental equilibrium as it is the other, and one must not disable his mind with fantastic notions that cause him to deny the realities of life.

There is much to be learned from books already in print about man, but I tell in this work some things about man and the universe that have never been told before. I have tried to make myself understood by all readers of this book irrespective of their technical training by using the simplest language at my command.

I have also tried to make this work interesting, instructive and practical, as well as having introduced into Physiology the Law of Penetrability and given information concerning many new discoveries I have made relating to Physics, Chemistry, Astronomy and Biology.

First understand the principle upon which it is based and you then become master of the subject.

CHAPTER I.

MAN—A CONSCIOUS MACHINE.

To me, the most important thing in the universe is man—because I am a man. And as it is within my power to guide myself through this life I believe it sensible to learn something about man and the laws which govern my own movements.

Furthermore, if I can give what information I am able to gather to others that they may be benefited thereby and utilize this information toward increased efficiency and more successful and happy lives then I feel that it is my duty to do so irrespective of all other considerations.

Before an airliner that will fly can be built the designer of it must first understand the laws upon which flight is based and then conform to those laws.

The same rule must be applied to a human machine as to a flying machine—one must understand the laws that govern the movements of man and then live in accordance with those laws.

For the foundation of all life is movement and man is a conscious machine capable of moving about at will providing he understands and controls himself.

Any airman knows that if an aircraft is not built right it will not fly right. He knows that the better

the materials put into the aircraft and the more attention given to the details of construction the better will be its performance in action. He further knows that the better care he gives it himself the better it will fly and the longer it will be of service.

Thousands of airmen have lost their lives during the past because they went aloft in badly constructed aircraft or because they did not understand their machines or were careless in handling them.

But while thousands of airmen lost their lives by not knowing or not having taken proper care of their aircraft, quadrillions of human beings have lost their lives prematurely because they did not know their own bodies or how to take care of them.

Of all things man should understand and care for the most is man. But of all things the average man knows the least about and gives the least care and attention to is himself.

The average man not only does not try to develop himself by the proper methods, but actually abuses himself to the breakdown point, and then blames everything but himself for the misfortune.

If nature had not formulated very wise laws for man's protection against himself, he would long since have become extinct, a victim to his own death dealing habits.

If a man could have but one suit of clothes during his entire life, it is quite certain that he would treasure it above all things and endeavor, by the most careful methods, to make it last as long as possible. He would diligently study the art of making clothes and how the materials of which clothes

are composed could be strengthened and preserved and he would learn how to combat to the best advantage the ravaging elements which cause the decay of those materials.

A thousand times more should he study how man is made, how the materials of which he is composed can be improved and how to overcome the dangerous elements which destroy him.

Preserving and improving materials, machines or human beings gives them longer life and increased efficiency and keeps them "younger" for a longer period.

If a man of 50 years can demonstrate the same physical standard as the average man of 25 years, then he is comparatively as young as the average man of 25 years of age; or if a man 100 years is as efficient as the average man of 50 years, then he is from a useful point of view but 50 years young.

One aviator will wreck a new airplane the first day he takes it aloft, while another aviator will keep the same type machine in service for several years: the difference in the lives of the two machines lying in the knowledge of, and care given to them, by different aviators.

One man will die at 25 while another will live to be 100 years of age in accordance with the care given to their respective bodies by each of them, irrespective of the age of either of them.

A well old man is certainly more to be admired than a sick young man. He who is sick proves that he is weak and nature shuns weakness.

The prayer of man pleading for eternal youth has been chanted throughout the ages and superstitious people during the past have journeyed great distances in search of a mythical fountain from which it was supposed the old and decrepit could magically regain their former youth and strength by bathing in its waters.

But nature does not recognize magic in any form. It bases its entire work upon immutable laws; laws which are well defined and certain.

Nature knows no pity and shows no favors; it establishes the rules and they must be obeyed or the consequences must be taken.

Ignorance of the rules secures no leniency and we are supposed to learn them from observation and experience.

Nature's laws must be understood and obeyed down to the minutest detail in order to obtain the fullest scope along any line of growth or development.

A full grown cow cannot be made into a half grown calf, and no man of 50 years of age will ever be changed into a 15 year old youth—that is as true as the fundamental law upon which the universe is governed.

But nature does not set any limit to the length of man's life or efficiency and it is possible and absolutely certain that if man will learn and follow nature's laws that he can increase his efficiency and extend the length of his life indefinitely.

A man of 50 cannot return to the boy of 15, but he can so adjust himself to the rules which cause his

growth that for a long time he can retain the same efficiency or even increase it.

This work will show how a man can, by following natural laws, increase his efficiency and length of life from 25 to 50 per cent and how mankind as a whole, can, by combined and continuous effort through many generations extend the average length of life to several hundred years and eliminate through natural process all weaklings and degraded people.

*The Apex of age and power is established
in proportion to capacity and longevity.*

CHAPTER II.

MAN—A COMBINATION OF SUBSTANCES.

Everything in the universe is density.

Density consists of varying substances which cause Penetrability and combinations.

Combining Substances causes formations which are brought together and held intact by the power of Suction.

Formations are disintegrated by the Power of Pressure.

There are no other factors for building or disrupting formations in the universe but Suction and Pressure. No movement whatsoever can take place except through these two channels.

Man is a formation. He is a combination of substances drawn together by the Power of Suction and then squeezed apart again by the Power of Pressure.

The Substances of which man is composed are the outgrowth of penetrating intercourse between the sun and earth as well as other cosmic influences.

The sun is the center of a solar system of which the earth is a part and it is the direct influence that causes the nature of the substances that make man.

If the action of the sun should change in its relationship with the earth and the substances of which

man is composed were withheld from him, he would perish.

The sun sends to the earth in currents such substances as light and heat.

Light and Heat are composed of many substances of great penetrating qualities which form combinations of substances on Earth that man absorbs, is composed of and is sustained by.

So man grew to his present form by gradually drawing into himself by the power of Suction such Substances as were obtainable on Earth for the purpose.

Like every other formation in the universe the structure of man is in a continual state of change and he must therefore continue to rebuild himself relentlessly, through the power of Suction with such substances as are required to replace the substances which Pressure is constantly squeezing out of him in order to live.

So if the sun should fail to shine and the various substances that light and heat contain were not sent to the Earth then there would be no way for man to obtain them and he would pass away.

In fact a slight change in the composition of the air surrounding the Earth would cause the immediate death of the whole human race. For air is substance composed of substances that is kept alive by the action of the sun.

Each component part of man is made of a different combination of substances and it is necessary therefore, to absorb in correct ratio such substances

as the different parts of man need for growth and replacement.

Bone, muscle and brain must be fed with the right substances in proper proportions. The power of Suction and Pressure must be established proportionally throughout the whole system, from cell to organs by means of substances in order to move the body about through muscular activity.

The action of the sun upon the air, water and soil bring into form certain kinds of vegetable life which contain various substances upon which man and the whole animal family are nourished.

Sometimes one animal subsists upon the carcass of another animal but the substances thus obtained were in the first place absorbed from vegetation.

Science already understands the nature of sixteen different elements of which man is composed; and science also knows the different proportions of these sixteen elements that make up the different parts of man.

But Science has not yet arrived anywhere near the source of variability of these substances.

For one cannot go very deeply into the subject without discovering that seed contains seeds.

There is no such thing as a beginning or ending of density.

All things are understood by comparative consciousness. So what to man appear a microscopic beginning of a formation appears to a microbe a huge system of moving bodies capable of being divided and subdivided indefinitely.

There was a time when man thought that the molecule was the smallest particle in the universe. But through increasing consciousness he learned that there was something smaller—the atom.

But with the discovery of the atom man again profoundly decided that this was the very bottom of minuteness and that the atom could not be separated into parts.

Further investigation, however, brought to light the tiny electron and so man once again proclaimed that his newest discovery—the Electron—was beyond doubt, the minutest particle extant.

A most peculiar characteristic of man is that he limits the universe and all that it contains to the boundary lines of his own consciousness.

Just as there can be no limit to the largeness of space so there can be no limit to the smallness of space.

Just as there can be no limit to the size of increasingly greater formations in the universe, so there can be no limit to the size of decreasingly smaller formations in the universe.

Size as well as time is merely a form of comparative consciousness.

So it must be understood that the variation of substances in the universe is limitless, and that there is no such thing as a substance that is not composed of substances, nor a particle that does not contain particles.

It took millions of years for man to acquire his present structure and during his growth he gradually absorbed from time to time the different sub-

stances of which he is now composed. Now he must continue to draw into himself these same substances in order to live and develop.

These substances will be obtainable upon earth for a long time to come, but with the gradual change in greater cosmic formations the intercourse between the sun and earth will be effected, which will change the nature of the substances he now subsists upon and eventually the form and composition of man will also be changed.

While the method of composition and decomposition by Suction and Pressure upon which the life, growth and death of man is based, will continue forever still the nature of the substances which sustains him will vary with changing cosmic action.

Natural laws remain the same but conditions throughout the universe are constantly changing.

In studying himself, therefore, man will find that everything which he can understand or prove is composed of substances. His entire frame, including his mental organs, is built of substances of different density which can be made to hold together for a long period or which can be dissolved in a few seconds.

Fire, for instance, will quickly burn man up and the substances of which he is composed will pass into other forms.

Man was developed in a temperature ranging between certain degrees of heat and cold and unless kept within those limits the substances of which he is composed cannot hold together as an organized, workable structure.

Great heat will expand the substances of man so quickly that his structure will pass into gaseous forms and penetrate the air in particles.

On the other hand, great cold will contract the substances of which man is composed to such an extent that he will be squeezed to death by the power of Pressure.

The continuous readjustment of Density by Suction and Pressure in their relation to Penetrability both creates and destroys formations. But by understanding and following their laws man can preserve himself indefinitely.

He must learn, not only the nature of the substances of which he is made, but he must learn the source from whence they came. He must then draw into his body only such substances as are needed to constitute a well organized system and furnish the power of movement.

A chauffeur does not put sand in the carbureter of his motor when he wants to move his car from place to place for he understands that would stop the engine from running.

A careful driver of an automobile takes pains in the selection of the right quality of gasoline used to generate power that moves the machine. He also chooses the best grade of oil for lubricating purposes.

Just as the better grade of gasoline and oil mean greater power and endurance for the automobile engines, so does the better foods, properly digested, mean greater power and length of life for human beings.

If the bones of man are formed by nature with certain organic and mineral substances which give the maximum strength and rigidity for the minimum weight then man must eat food that contains those same substances if he would keep his bones in proper condition.

If the bones of man contain one combination of substances, the muscles another combination, the skin another, and the mental fibres another, then the blood must be furnished with these different substances from the food eaten in order to supply them to the different parts of the body.

So the quality and quantity of the food taken into the system is a most important factor for man to consider if he wants to build a strong, healthy body, enjoy good health, and live a long life.

Man's inclination to investigate and record the results of his experiments has enabled each succeeding generation to obtain the knowledge of and improve upon the methods of a preceding one, and then build a practical and continuous science for all succeeding generations to be guided by and add to.

The world is indebted to all students and experimenters of the past for what is known today concerning the composition of man.

Billions of patient, painstaking and painful efforts have been expended by man during the past that he might know himself, and the sum total of his efforts are now set together like a growing tree of knowledge, the fruit from which can be had at any time by anyone in exchange for the mere effort that it requires to study and understand it.

*Health, strength and success stand
upon the foundation of effort.*

CHAPTER III.

PENETRABILITY.

What is movement? What causes movement? No problem has ever caused man more perplexity than the nature and cause of movement.

For upon the correct understanding of movement rests the entire framework of Physics, Chemistry and Astronomy, as well as Physiology.

Science has been fumbling about for a long time for the correct answer to those questions and will no doubt continue to fumble for some time to come, even after the questions are properly answered herewith. For science is more or less rule strong, and their rules so far, to some extent, have been based upon the wrong premises.

Science does not relish tearing down structures that have taken a long time to build up, even though the foundations were set upon the quicksands of theory.

All sorts of theories have been advanced regarding the nature and cause of movement, but none so far has had any logical basis of support for two good reasons. These theories usually ascribed to movement or motion (1) a tangible form and (2) a point of beginning, and no such thing exists in either case.

One theory starts movement with the molecule from which it is supposed a substance called energy is created that develops into general and everlasting movement.

Another theory begins with the electron and sets forth the claim that nothing of a tangible nature exists in the universe except vibration. The facts are these:

(1) Movement or motion or energy has no tangible form.

(2) There is no point of beginning for movement.

Movement is an effect. The cause of that effect is a difference in density which causes Penetrability.

Penetrability has no beginning nor ending place, so movement is eternally effective.

Without Penetrability no movement could take place because one substance cannot move through another substance of equal density.

Penetrability causes solids to move through liquids; liquids to move through air; air to move through gas; gas to move through light, etc.

When one substance penetrates another substance, a moving current is established and any movable formation in line of that current is moved.

There can be no current that is not composed of substance. So it is substance that moves and not motion that moves.

Currents of substances of different density and proportions are moving about the universe eternally, and differently organized formations are moved through contact with these currents.

The two dominant factors of Penetrability are Suction and Pressure.

Space containing lesser density causes Suction, which draws towards a center with a swirling movement substances of greater density.

This Suction movement causes cohesion of these substances which create a formation that expands until balanced, contracted and finally disunited by the opposing factor Pressure.

Space containing greater density causes Pressure that pushes from the center towards substances of lesser density.

This pressure movement causes disjunction of substances that disrupt formations and scatter the particles for reformation elsewhere by Suction.

This law is immutable and extends everywhere in the universe.

If it were not for Penetrability nothing in the universe could move and all matter would be at a complete standstill.

If all substances were of equal density one could not penetrate another and therefore everything would be stationary, and the universe would contain no life or action of any sort.

Now density is made up of many substances and combinations which, for example, can be differentiated as solids, liquids, air, vapors, gases, odors, heat, cold, light, electricity, sound, mentality, etc.

It is the difference in density that causes Penetrability and movement.

So the first law of movement is Penetrability.

Everything in the universe is Density and there is no such thing as space without it.

A vacuum is space filled with substances of lesser density which draws into it substances of greater density.

Moving currents of varying substances are everywhere in the universe and although of different density and proportions they all move by the same law.

It makes no difference if it is a current of water moving a raft downstream, a current of air moving a ship at sea, a current of Electricity moving a car, a current of blood moving a corpuscle or the lesser currents that carry the electrons or the greater currents that carry the earth and solar system, they all move according to the law of Penetrability.

Light penetrates air in currents; heat penetrates water in currents; sound penetrates vapor in currents; mentality penetrates solids in currents. It is the difference in density that causes this penetration. There is no such thing as a form of energy or vibration or motion that moves anything in the universe.

When the currents of heat penetrate the air close to the surface of the earth, a lighter air combination is formed with less density than before and as the suction of the earth draws nearest to its crust matter of greater density, the colder heavier air is drawn downward to replace the warmer lighter air expanded by the substance heat and in this manner air currents or winds are formed.

So if a ship at sea with sails spread is in line of one of these air currents it will move along with it. The ship will be moved by a current of air caused by the penetrability of substances of different density. The current of air will be drawn along by suction. Such a thing as Energy or vibration has nothing to do with it.

When water runs down hill, it is drawn by suction towards the center of the earth and it takes the line of least resistance until it reaches its level. This level is the nearest point towards the center of the earth that the crust of the earth will permit it to go.

Water being of greater density than air it penetrates air and the earth's suction pulls the heavier substance through the lighter substance. But liquid being of lessor density than the solid it cannot penetrate the crust of the earth.

So the water remains upon the surface of the earth at the nearest points towards the center of suction.

So Penetrability causes a current of water to move through air and if a raft is in this current it moves along with it. The earth's suction then, moves both the current of water that moves the raft, as well as the raft, through the penetrable substance air, until the impenetrable solid crust of the earth will allow them to move no further. No such thing as Energy or vibration has anything to do with that movement.

When the lungs expand, the space is filled with air drawn into them by suction. This air moves to the lungs in currents caused by suction and if there

are any particles of dust in line of these currents of air as they are being drawn into the nostrils, they also will move along with the current. Both air and dust then obtain their movement by suction and not by what text books refer to as a form of Energy or vibratory motion.

As oxygen passes from the lungs to the blood, it is moved by suction which draws the blood to the heart in currents and every movable thing in line of those currents moves with them including the red corpuscles filled with oxygen. There is no such thing as a form of energy or vibratory motion in that movement.

After the heart has expanded to its fullest capacity with blood drawn into it by suction, pressure causes the heart to contract which forces the blood to flow in currents to all parts of the body, carrying along with it, corpuscles, oxygen and various nutritious substances drawn from the intestines by suction. There is no such thing as a form of Energy or vibration that causes that movement.

When a muscle makes an expanding movement, it draws toward it by suction the various substances carried there by the blood from the lungs and intestines for building, heating and power purposes. And when a muscle makes a contracting movement, it forces away from it by pressure the decomposed matter caused by this action, which in turn is drawn back into the blood and is carried back to the heart and lungs and is ejected from the body by pressure.

All of these movements are caused by Penetrability of substances of different density which causes

suction and pressure with expanding and contracting movements as far down the scale as it is possible to discern or as far up the scale as it is possible to understand.

No such thing as a form of Energy or vibrating motion can be found that causes movement of any kind, either within or without the human frame.

Every body or particle of matter in the universe, in order to move at all, must penetrate other matter of different density, and must be either pulled by suction or pushed by pressure through it.

The more action brought into any part of the body the more suction is created, and the more suction, the greater expansion and strength is caused by drawing to that part new matter for the building up process.

Lack of action causes lack of suction which results in pressure squeezing or contracting the body or any part of it until it shrinks and shrivels away.

As long as the power of suction can be kept greater than the power of pressure on any part of the body it will continue to expand and grow, and as long as suction equals pressure that part will remain in the same condition but as soon as suction through depreciation does not equal pressure, then decay begins.

This law applies to the entire system, or to any organ, bone, muscle tissue or cell of the body. The law is the same whether it works in a cell or the whole body. In fact, this law works the same whether applied to an atom, or the solar system, or beneath or beyond as the case may be.

Accept facts when proved; consider theories not proved; reject fallacies that are disproved.

CHAPTER IV.

LAWSONPOISE.

The universe has no size nor shape; no inside nor outside; nor a center. It has no limits or boundaries of any kind. There is no such thing as direction in the universe. It is neither a plane, a cube or a sphere. The universe has no time.

Size is but a comparison of bodies or particles in density but the universe has no measurements at all.

There is only one universe and that extends everywhere and contains all things.

While there is no limit to the separability of density still density is indistructible and everlasting.

Penetrability causes substances of varying density to move in countless directions simultaneously.

All substances move along the lines of the least resistance, which is in the direction of space containing the lesser density. This movement is continuous until either a common level has been established or a combination of substances have been drawn together by suction and coagulate into a formation of greater density capable of withstanding the pressure of the surrounding substances.

Space with lesser and greater density throughout the universe causes an eternal conflict between suction and pressure in which suction draws together

matter and composes formations and pressure pushes away and decomposes formations.

Suction then is an attractive force which pulls together, composes and expands and pressure is a repellent force which pushes away, decomposes and contracts.

All formations of any nature whatsoever are subject to these two forces and when the power of suction is less than the power of pressure decomposition takes place.

Suction causes a swirling movement of substances of greater density toward the center of space containing lesser density and these substances continue to rotate until suction loses its power of swirl and pressure disintegrates the mass. The solar system, the Earth or an electron are examples of swirling formations created and held intact by suction. The circulation of blood demonstrates the swirling principle in man.

The center of suction and action in the solar system is the sun, the center of suction and action in man is the heart.

If the sun should lose its power of suction external pressure would disintegrate the solar system. If the human heart should lose its power of suction external pressure would disintegrate man.

When man is able to analyze the composition of the earth's interior he will learn that it is made up of many substances of varying density with a center of suction at the core which keeps in circulation currents that bring nourishment to the whole structure and also carry away the waste matter.

It will be found that the most of the earth's nourishment is drawn in at the North Pole and the most of the waste matter is evacuated at the South Pole.

The substances which the earth draws into itself for nourishment is of such a subtle nature that it passes through the pores of the earth without any noticeable effect to mankind. In fact man is inoculated with these same substances.

Expansion is caused by suction which draws in from without and contraction is caused by pressure which squeezes out from within.

Expansion in one part of the universe causes contraction in another part of the universe.

Perfect functioning of suction and pressure in their relationship with Penetrability causes equidisposition of composition and decomposition throughout the universe which I have called LAWSONPOISE.

Lawsonpoise is a common level sought by substances of varying density throughout the universe which causes perpetual movement.

It is Lawsonpoise that causes perpetual or eternal movement of matter. It is Lawsonpoise in Penetrability which establishes equality between Suction and Pressure.

Lawsonpoise is the mainspring of action. It is the center of balance without which nothing can move.

Everything in the universe that moves does so in conformity to the law of Lawsonpoise.

Because of Lawsonpoise the universe will forever keep its balance and use over and over again in

changing forms the material of which it is composed.

Lawsonpoise is the masterpart of the universe. It extends everywhere and effects everything. It is a factor without beginning or end. It is of such far reaching intricacy that it may take thousands or millions of years of mental development in mankind before it can be generally understood.

Lawsonpoise causes all movement in the universe to be simultaneously effective and interdependent.

Lawsonpoise decides the length of life or movement of everything whether cosmic, terrestrial, animal, vegetable or microscopic in nature.

As long as man is attuned to Lawsonpoise he lives and moves but when he gets out of harmony with it he loses balance and dies.

If a man could maintain Lawsonpoise he could live forever.

In constant harmony with Lawsonpoise man would lose nothing through the process of composition and decomposition and therefore as an organized system he would not wear out. In this condition the particles of man would be continually changing but the structure would remain intact and with all organs functioning properly he would be a perfect machine.

Man may never reach that stage of perfection but he should try to get as near Lawsonpoise as possible by adjusting himself with the elements of which he is a part.

To be effective man must balance in many ways.

As a self moving machine his body must be of such density that it can be drawn to and rest upon the

crust of the earth through the power of the earth's suction and still be able to rise from the crust of the earth to move about.

To accomplish this his body must not contain too much weight, nor too little weight, and therefore it must be constructed of substances in such a manner that it can be moved away from the earth in momentary acts through power furnished by the marvelous system of double acting, spring like muscles that are moved by his own internal suction and pressure.

In order to maintain a body of this kind each and every cell composing it must be properly balanced by suction and pressure in their relation to Penetrability so that the structure itself will be balanced throughout.

Each organ of the system must be balanced separately and in unison with each other so that harmonious action can be established and the whole mass act together as one.

Lawsonpoise of man is effected principally in three ways: (1) Nourishment, (2) Action, (3) Rest.

Food furnishes the substances to build and repair the structure as well as the fuel for power.

Action creates suction and pressure which alternately draws nourishment into the cells and squeezes the changed matter out of them.

Rest affords time for storing up nourishment to replace that used up by action.

The quality and quantity of substances drawn into the body for nourishment; exercises that will develop and keep in action the maximum number of

muscles; and, sufficient rest for recuperation purposes are the foundation of efficiency and longevity.

Incorrect functioning of muscular movements; improper substances drawn into the system; and, insufficient rest will destroy the balance that keeps man alive.

The human body passes through three distinct periods: (1) Youth, (2) Maturity, (3) Decline.

Youth is the period during which the system has not attained maximum proportions.

Maturity is the period of fixed physical proportions during which the maximum activities are afforded.

Decline is the period when the cells of the system recede and the different parts of the body shrink and rot away.

The disuse of any organ or muscle through lack of exercise causes a lack of suction in that part and stops nourishment of the cells which sustain it.

The lack of suction in any part causes a decrease of expansion and permits pressure to more or less gradually squeeze away the structure.

The more cells that are squeezed away by pressure for the lack of suction to sustain them, the weaker the muscles and organs become and the less the organs will function, which causes a general weakness to the whole body.

With this shrinkage of muscular activity the system loses balance until a certain degree of general deficiency has been reached when it loses all power of movement and life becomes extinct.

The period of decline can begin at any age and frequently a body passes from youth to decline and death without reaching maturity.

Youth is an undeveloped period that requires the protection and guidance of maturity while growing to fixed proportions.

Maturity is the prime stage to reach and retain as long as possible. It is the vigorous and stable period; the age of power and reason. Once arrived at in a healthy condition, with all organs properly synchronized and working in harmony with natural laws, one owes it to himself, to his offspring and to mankind to keep as close to Lawsonpoise as possible and live as long and strong as earthly conditions will permit.

It requires more time to return to a balance in life than it does to reach it in the first place.

CHAPTER V.

ASSIMILATION.

Man grows up from seed.

Seed is the concentrated essence of living formations drawn together and combined by the power of suction, which will reproduce the likenesses and characteristics of progenitors, under the right conditions. Seed is evolutionary.

Seed is the point of suction of a new formation which if fed with proper substances will expand and grow to natural proportions.

Suction is the female of movement. Pressure is the male of movement. Female movement draws in from without and male movement pushes out from within. In seed the male is drawn into the female. The foundation of sex is SUCTION AND PRESSURE. The difference in sex is but the difference in movement.

After the male seed has been drawn into the female seed by suction, an internal conflict of forces takes place as the micro-substances of the seed mix and combine into a new form.

As a result of this conflict either the power of suction or that of pressure predominates. If it is suction the combination then develops into a female

form and if it is pressure the combination develops into a male form.

The attraction of one sex for the other is merely the attraction of suction for pressure and ultimately a combination through union results.

The same law prevails between all so-called chemical affinities—suction attracts pressure and particles unite the male with the female into a new formation until Penetrability disintegrates them by currents of different density.

When biologists take up the study of LAWSONOMY and thoroughly understand the underlying principles of Penetrability, they will then give to the world an elaborate and masterful interpretation of this simple law of sexes which I have outlined herewith in a few words.

The growth of a new formation is caused by feeding the seed.

After the male seed of a human being has been drawn into the female seed sufficient power of suction has been established therein to draw from without whatever food is necessary for development to maximum proportions.

Prior to birth the embryo child draws into itself from the blood of the mother such substances as are necessary for nutrition and after birth the child continues to draw into itself by the power of suction from external sources such substances as are needed for maintenance and further development.

The growth of a human being then is caused, first, by the power of suction which draws into itself ex-

ternal substances, and second, by the nature of the substances which it draws into itself.

The nature of these substances must not only be of the quality needed for the building up process, but must also contain elements that will increase the power of suction as well.

Increased growth requires increased power of suction and internal pressure.

The human being grows by adding power and mass to itself. When the power of suction can no longer be maintained, mass then becomes helpless and useless and disintegrates.

To increase mass, increased suction must cause expansion which will afford greater space for lodgement of new substances and room for an increased number of protoplasmic cells of which the human system is composed.

These protoplasmic cells are the foundation of the structure itself and they form into tissues which make up, hold together and connect the different bones, muscles, fibres and organs of the system.

The movement of a bone, muscle, fibre or organ causes suction to draw substances to the part moved which not only feed and maintain the cells of that part but with increased space adds more cells to the tissue which thereby increases its growth.

Therefore the drawing into himself from without by the power of suction substances that are subsequently prepared for, and used in building and maintaining these cells as well as creating internal movement, can be called assimilation.

My definition of the word assimilation is somewhat broader than that given in dictionaries and might be summed up as follows:—the whole process through which external substances are drawn into the human body by the power of suction and are converted into the living being.

No substance can be assimilated that does not harmonize with the composition of the cells of the body.

To absorb into the system substances that do not harmonize with the cells causes disease and death to follow.

So it is essential to know the nature of the substances taken into the system and the manner in which they are assimilated.

It is not only necessary for man to absorb substances that will build up the tissues, muscles, fibres, and bones of his body and replace the cells that are constantly worn out, but he must absorb substances that will also furnish fuel for power and heat that will maintain an even temperature of the body.

The food man eats supplies, to a large extent, the substances for building, heating and power purposes.

According to Lawsonomy all power is caused by penetrating currents of different density which either push or pull any movable thing in line with them.

The heat of the body is kept at a proper temperature by a mixture of certain digested substances with oxygen drawn into the system with the air breathed.

Just as the hair of the head or the nails of the fingers and toes need repeated cutting to allow space for the new growth so every part of the body must continuously shed its used materials and pass them along as waste matter in order to allow new growing parts to take place.

Substances for assimilation are continually being drawn into the body by the power of suction through the mouth, nose, eyes, ears and pores, and waste matter is continually being pushed out of the body by the power of pressure through the excretory orifices and pores of the skin.

It is suction and pressure that maintain Lawsonpoise in the body of man or in the organs, muscles, bones, fibres or cells of man, and it is the Penetrability of the substances used that makes assimilation possible.

Science states that man is composed of sixteen different elements, namely, Oxygen, Carbon, Hydrogen, Nitrogen, Calcium, Phosphorus, Sulphur, Sodium, Chlorine, Fluorine, Potassium, Magnesium, Iron, Silicon, Manganese, Iodine.

In the food man eats can also be found in varying proportions and combinations these same sixteen elements which are grouped into four general classes, namely, Carbohydrates, Fats, Proteins, and Mineral Salts.

Therefore it is essential to know the correct proportions of these elements that make up the structure of man and then eat the different kinds of food that will furnish these elements in their correct proportions.

The approximate proportions of elements which constitute a normal human being weighing 150 pounds are as follows: Oxygen, 98 lbs.; Carbon, 30 lbs.; Hydrogen, 11 lbs.; Nitrogen, 3 lbs.; Calcium, 2 lbs.; Phosphorus, 1 lb. 13 oz.; Sulphur, 3 lbs. 4 oz.; Sodium, 2 lbs. 3 oz.; Chlorine, 2 oz. 250 grs.; Fluorine, 220 grs.; Potassium, 280 grs.; Magnesium, 350 grs.; Iron, 190 grs.; Silicon, 115 grs.; Manganese, 90 grs.; Iodine, 1 gr.

These figures are not guaranteed to be perfectly accurate but are furnished to show the relative quantities of substances of which a human being is composed.

Thinking men have given to the world knowledge of inestimable value regarding the nature and composition of matter, but with all due consideration for the grand work they have already accomplished through far-reaching experiments and research, still the surface of this marvelous subject has hardly been scratched as yet.

Man must not only understand the nature and proportions of the sixteen elements of which he is composed, but he must thoroughly understand the principle which underlies these elements and realize that density has neither beginning nor end and that no matter how subtle a substance, there are still substances of lesser density that compose it. And on the other hand no matter how dense a substance may be there are substances of greater density of which it is a part.

Not only are there in the universe substances that are millions of times lesser in density than the air

man breathes, and penetrates, but there are also millions of different living, thinking, working forms in universe that cannot be seen nor understood by man.

Many of these living things are so tiny that quadrillions of them live together in a single human cell.

In fact each living cell of man's structure is populated with as many different species of tiny creatures in graded forms as the earth itself is populated with different forms of animals and insect life, and each one of these tiny creatures not only work and struggle for an existence but they too are composed of parts and cells which contain even more minute living things.

These minute living forms are just as important in the scheme of life as man. In fact without them man could not exist.

In the food that man eats, in the water that he drinks, in the air that he breathes and the sunlight that he absorbs, there are various forms of living particles that enter into his cells and build up their structures. They make in the aggregate the vitality of man.

So air, sunlight, water and food are necessary in proper proportions as well as action that creates suction and pressure that carry in Penetrating currents the different substances and their living micro-formations to the cells for assimilation.

The General Director of Penetrability is an Omnipotent and everlasting experimentor. He wastes nothing, and puts to use in some manner or other every particle of density and every current of

power. He builds living things from waste matter. He never constitutes two forms exactly alike.

Collecting together a number of substances from the soil, water, air and sun and moulding them into a penetrable and penetrating form with power to move, feel, see, hear, taste, smell and think, through the forces of suction and pressure, is a marvelous experiment in itself, but the Experimentor has not yet reached final success with his model, man, but intends to bring him to a higher standard, by developing within him greater powers of self control, increased consciousness, and capacity to assume a larger interest in the management of himself, the earth and cosmic action.

CHAPTER VI.

FOODS.

Although to a large extent man draws into himself, by suction, substances that come directly from water, air and sunlight, still the largest part of the substances which build up and sustain his body comes directly from the soil and is generally called food.

This food comes principally from plant life.

Man, and all forms of animals, birds, insects and fish, are either directly or indirectly dependent upon plant life for food.

There are, of course, men, animals, birds, insects and fish that sustain themselves directly from the bodies of men, animals, birds, insects and fish but the substances obtained from these bodies originally come from the soil.

The Great Experimentor uses plant life as an intermediate process in making man. Plant life is the mother of man.

From trees come nuts and fruits; from bushes come berries; from stalks come grains; and from gardens come the different kinds of vegetables.

Nuts, fruits, berries, grains and vegetables are the concentrated essence of plants.

Plants are living things that eat, grow, feel and to some extent think—and it is even possible that they may be able to see and hear and converse with one another by some natural method unknown to man.

Plants do not contain the complex organic structure of man nor as great a degree of consciousness as man, but they live, grow and die according to the same principle.

By the power of Suction plants draw into themselves substances which cause expansion and growth and by the power of Pressure plants are contracted, disintegrated and passed away.

Substances that a plant absorbs for life and growth come from the air, water, sunlight and the soil the same as man.

Man is of a higher order in the scale of life than the plant because he is detached from the soil and can move his body about at will, whereas the plant is attached to the soil and must remain in one position during its entire term of life.

When man eats, he conveys the food to his mouth by the use of his hands and instruments but when the plant eats, it buries its mouth into the soil and keeps it there as long as it lives.

Through a number of roots the plant draws into itself, by the power of Suction such substances as it requires for nourishment direct from the soil.

Man has been nurtured with the essence of plants for millions of years and without them he could not live at all.

The substances that make up the structures of plants are the same substances that make up the structure of man.

Plants are the parasites of the Earth and man is a parasite of plants.

Plants live and grow within certain degrees of temperature within which range their essence—nuts, fruits, berries, grains and vegetables—ripen and become rich in food value.

Primitive man subsisted upon plant life in its natural state from which he grew a strong and powerful body, to which chronic diseases were unknown. With his teeth he could chew up wood, and without the aid of tooth brushes he retained all of his teeth as long as he lived.

But some early experimentor who was more theoretical than practical began to play with fire and introduced the art of cooking foods with excessive heat.

This early experimentor did not know that when he exposed food to a higher temperature than that in which it was ripened that the structure of the food would become disorganized and the elements of life would pass out of it.

The forbear of the inventor of cooking should have been lynched before his offspring was born, for cooked foods have been the cause of nearly all of the ailments which infect our present civilization.

How much life would remain in man if he were cast into a heated oven or a pot of boiling water with a temperature of 212 degrees F. or more?

The life of a man would not only be snuffed out by such heat but the micro-life within the protoplasmic cells of his entire body would also be removed and carried away in the fumes.

That is what happens to cooked food—all, or most of the life that it contains is removed by the excessive heat and passes away with the fumes.

Foods from plants when ripe have been brought to the proper temperature and condition for man's diet by the sun and the less he tampers with them the better it is for assimilation.

Food that has been robbed of its vital elements is dead food and can in no way help to build up the cells and tissues of the human body.

There have been other inventors who have experimented with man's food to the detriment of his health and length of life besides the inventor, or inventors, of cooking. They come under the head of the profit making class of dilutors, concentrators and adulterators of manufactured foods. If allowed the privilege many profiteers would quickly destroy mankind for the sake of a little temporary gain.

It is not within the power of man to cook, dilute, concentrate or mix foods for man's consumption without certain sustaining elements being lost through the process.

Nature's method of cooking man's food is to heat it gradually by the sun during its growth from plant life, and nature's method and place for mixing these foods for nutrition is in the mouth, stomach and intestines of man.

Because the most of man's foods have been robbed of their vital elements through cooking, diluting, concentrating and adulterating methods man must pay the penalty with weak bodies, disabled organs, and all sorts of painful ailments as well as a shortened life.

Some animals that eat their foods direct from plant life live approximately ten times the periods that it takes to arrive at their maturity. If man would do the same he could not only live ten times the length of time that it takes him to arrive at his maturity, but by reason of his superior intelligence and improved sanitary methods he could live twenty or more times the length of that period, or a life of several hundred years duration.

Not only do raw foods contain the necessary elements for man's life, growth and health but the flavors are more delicious as well.

Compare the rich, tasty flavor of a ripe turnip fresh from the soil with the dead tasteless, lifeless stuff that remains after a turnip has been cooked and one will not eat the cooked turnip again. Or compare the delicious flavors from raw carrots, raw spinach, raw peas, raw tomatoes and many other different kinds of raw vegetables with those that are cooked to death and note the difference.

There is no food that tastes better to a hungry, healthy, person than a shell of green peas direct from the garden, chewed up raw into a fine pulp, peas, shell and all.

Plants are guided by Lawsonpoise, and suction draws into them certain available substances that

gives them balance, and this effect is transferred to the seed in correct proportions.

So when man eats the seed of plants he must, in order to obtain the best results, eat the whole of it, to secure all of the elements that the plant draws from the soil—that means everything that it is made of from covering to core.

When the shell and germ are removed from wheat during the refining process of making white flour, the best elements of the grain are taken from it and the bread that is made from this flour lacks the real substances for nutrition.

Or when certain concentrated beverages are manufactured from foodstuffs they are deficient in the bulky, solid substances that the juices from the mouth, stomach, and intestines alone can mix with, and prepare for assimilation.

Greater variety of food eaten gives greater variety of substances of different density to the human system which generates increased penetrability and conflict between Suction and Pressure of varying proportions, that results in increased action and vitality to the whole organized man.

All kinds of ripe nuts, fruits, grains, berries and vegetables should be eaten in their natural state and as fresh from the soil as obtainable.

For the past twenty years I have lived and kept strong on a non-meat diet, and to me that is the practical proof that meat is not necessary for the sustentation of man.

There are, however, certain foods that come from animals and fowls that have been introduced into

man's diet that are beneficial. Such foods as milk, butter, cheese and eggs can be eaten with good effect.

Such leafy foods as lettuce, onions, celery, spinach, watercress, dandelion, parsley and cabbage should be eaten frequently.

Strawberries, raspberries, blackberries and blueberries also contain a high standard of life giving properties.

Oranges, grapefruit, lemons, limes, etc., and apples, pears, peaches, plums, grapes, cherries, figs, dates, prunes, and bananas all contain varying substances that man's complex system needs to uphold vitality to the highest degree.

The system requires some fats, and olives are rich in vegetable fat, although the body can well be supplied with it from milk and butter.

Although there are many kinds of foods in nature's storehouse, still upon examination, it will be found that these foods contain many of the same substances in varying combinations.

Proteins are the nitrogenous foods from which albumen, myosin, gluten and casein build up the body, keep it in repair and also, to some extent, serve as fuel for heat and power.

Nuts, grains, eggs and milk and beans, peas and similar vegetables are rich in proteins.

Although proteins generate some heat and power for the system there are in addition three important substances that act mainly as fuels. They are sugar, starch and fats.

Man's diet being made up of a mixture of many foods it is important that he give attention to the choice he makes of foods and endeavour to create the best condition within himself by eating them in correct proportions.

Many foods contain sugar and if the diet is varied the system will absorb the correct quantity of sugar direct from the foods and will not need it in a refined state. In fact refined sugar, that has been robbed of its calcium, robs the bones and teeth of the elements that give them their rigidity and strength.

The starch in foods is changed to sugar while passing through the digestive organs.

Food is a very important and almost endless subject and recently has attracted many eminent investigators who are now making an exhaustive study of it.

These investigators are food specialists and they are now teaching the people the value of food to the body through books and magazine and newspaper articles.

Almost every large newspaper has lately found it necessary to employ one of these food experts to write daily lessons for the readers and perhaps it won't be long before the good work thus instituted will bear fruit and every man, woman and child will understand the necessity of eating substantial food.

So I leave the composition of foods to be explained by the specialists.

My work only takes me in that direction to the point of showing how man's food is built up by

suction and torn down by pressure the same as every other formation in the universe.

The apple, for instance, draws its sustenance from the tree by its own power of suction and continues to grow and expand until it attains LAWSON-POISE or until it is able to withstand offensive pressure which gradually contracts it and squeezes its life away. Its quality and longevity depend entirely upon its own power of suction.

To understand foods thoroughly is the study of a lifetime. Everybody, however, should give some time to the study of it. A general formula I have arranged for every one to remember and follow is:

- (1) Keep as near to nature's raw foods as possible.
- (2) Foods must be as fresh from the soil as are obtainable.
- (3) Eat the whole of these foods from covering to core.
- (4) Mix foods as little as possible before eating them. The right places to mix foods are in the mouth, stomach, and intestines.
- (5) Change the variety of foods as often as possible.
- (6) Each day the diet should contain some fruit, some nuts, some vegetables, some grains and some milk, butter and eggs.
- (7) Eat a little less than the appetite demands, thus keeping the digestive organs in a receptive condition at all times.
- (8) Chew food until every morsel of it has been disintegrated and saturated with saliva.
- (9) Concentrate the mind upon the nature and taste of foods while eating and afterward.

*To follow the pathway of natural growth
is to reach the pinnacle of power.*

CHAPTER VII.

THE FIRST SUCTION POINT.

There are numerous changes food must undergo before the essence of it can be absorbed by the cells and utilized for growth, heat, and power.

Penetrability is the underlying principle which makes possible the change from plant life to man life.

If it were not for the difference in density which causes Penetrability there could be no change in matter at all.

The main factor in the change from plant life to man life is Suction.

Without Suction there would be no way to draw food into man and no means to distribute it to the different parts of the system.

The heart of man is the center of Suction of his formation, but there are numerous subordinate suction stations scattered throughout the system which work in connection with the heart. The mouth is one of these subordinate suction stations.

The mouth is the first suction point that food reaches as it is drawn toward the center of suction of the body and thence distributed throughout the system as needed.

As soon as food enters the mouth suction begins to draw the life out of it and rearrange the substances for assimilation.

In order that solid food can be made penetrable, nature furnishes three pairs of salivary glands which secrete saliva that moistens the food and changes it into a liquid form.

One pair of these glands are located beneath the tongue, another pair under the jaw and the third pair just below and slightly in front of the ears.

These glands are connected with the mouth by ducts which allow the saliva to be drawn into the mouth by suction.

Although suction constantly draws saliva through these ducts for the purpose of keeping the mouth always moist, the flow of saliva is increased largely by increased Suction caused by extraneous matter being drawn into the mouth.

All food is more or less absorbent and capable of drawing into itself extraneous substances of liquid or gaseous forms. But the suction of the mouth accelerates the suction movement of the food by drawing saliva back and forth through the food until the elements of solidity are disunited and take their place in the liquid combination that follows.

The teeth are a big factor in the disuniting of solid food as they tear apart and mash up the solid matter as it enters the mouth so that all particles of it can be thoroughly mixed with saliva.

As gastric juice acts only upon the outside of each piece of food after it enters the stomach it is very important that food should be thoroughly masticated while in the mouth and so saturated with saliva that it may enter the stomach in a watery state.

Food sent to the stomach in a partly chewed con-

dition forces the digestive organs to work inefficiently and causes dispepsia and other stomach and intestinal troubles.

To obtain the best nutritive results, foods should be taken into the mouth in a hard dry state. This will give the teeth needed exercise to keep them in good condition and also allow the food to absorb a generous supply of saliva.

The longer the food is kept in the mouth and the more it is chewed the better it is arranged for digestion.

The more work man puts into the chewing of his food the less work he will have to put into his daily life to make a success of it.

If food is swallowed too quickly two parts of the human machine are thrown into disuse; the teeth, which need the exercise and the salivary glands which furnish the saliva that should be mixed with the food. These are drags upon Lawsonpoise that start to break down the system.

Habits that are formed, such as chewing gum, or tobacco, stimulate a flow of saliva that is wasted instead of being mixed with food for digestive purposes, and is, therefore, a useless and very harmful practice.

Swallowing quantities of saliva that are not mixed with food has a bad effect upon the digestive organs.

To hasten food into the stomach with the aid of drink before it is thoroughly chewed and mixed with plenty of saliva is a very injurious habit to acquire.

The only method of digestion that will develop

man properly is to make all organs do their own work without any aid whatever.

Taking work away from one organ puts excessive work and a strain upon some other organ. This causes injurious complications to arise throughout the entire system.

Drinking with meals should not be indulged in at all. The secretive organs must be given a chance to do their own work thoroughly.

Milk is a food and it should be taken into the mouth and mixed with saliva slowly and separately to give good results. It should not be used as an aid for other foods.

So-called artificial aids to digestion are not aids at all, but are drawbacks to natural digestion.

The so-called predigested foods are a positive danger to the human system, because if those elements that make the digestive organs work are eliminated from foods the digestive organs will soon lose their power of action and become useless altogether.

With the weakening of the digestive organs nutrition decreases, the cells of the system are underfed, and it is only a question of time when assimilation will cease entirely, and vitality will pass beyond recall.

Action will keep all of the suction points in good working order. The mouth, teeth, and salivary glands are functions that need action.

With the proper quality and quantity of food placed in the mouth and the maximum action given to the teeth at least one-half of the way has been gone towards perfect man life.

CHAPTER VIII.

REFORMING FOOD SUBSTANCES.

Penetrability causes all substances to move in currents along the line of least resistance. These currents are drawn by Suction or pushed by Pressure.

No current can be established by Pressure without a suction point as the terminal of it. That is to say there must be at the end of every current an outlet into space containing lesser density than the substance of which the current is composed.

Water on top of a hill will be drawn downward by the earth's suction in currents as long as it can pass through substances of lesser density. Water can also be pushed upward by pressure as a current through a tube as long as there is a suction point at the end of the tube allowing the water to pass into space containing lesser density than water.

When water pushed upward through a tube by pressure, reaches the suction point of the tube and enters the air, the earth's suction then draws it downward again through the lesser density air until it reaches the crust of the earth which is of greater density than water and which it is unable to penetrate.

When a projectile is forced from the mouth of a cannon by pressure it creates a current as it passes

through the air. This current could not be formed unless there was a suction point at the end of the cannon barrel which allows the projectile to pass into space containing lesser density than the projectile.

As soon as the projectile leaves the mouth of the cannon the earth's suction exerts a pull upon it until the force of pressure has been overcome by suction and it is then drawn toward the center of the earth until it reaches an impenetrable mass.

The solid crust of the earth is the resisting point that water, air and other substances cannot penetrate en masse as they are drawn towards the center of the earth's suction.

Pressure must be offset by Suction in all formations and so the earth surrounded itself with a solid shell in order to hold back pressure and then drew into itself substances that expand and counteract pressure from without.

As long as the earth has sufficient power of Suction to draw into itself the required substances from without, to offset outside Pressure the earth will continue to hold together. But as the earth loses this power of Suction then Pressure will gradually contract it by a squeezing movement until it finally passes away and the substances of which it is composed pass into different forms.

This same principle applies to man and all living formations without regard to size or shape.

Penetrability establishes currents of different density as a means by which movement can take place.

So when solid food is drawn into the mouth of man the first step towards assimilation is the reconstruction of its mass formation into a flowing current that will pass along the line of the least resistance.

This reconstruction process is accomplished by the suction of the mouth, the pressure of the jaws, and the mixture with saliva which turns it into a pulpy, pliable form.

In every formation currents pass through tubes or pores from ingress to egress.

The first tube that this pulpy current of nourishment is able to flow through on its way to nutrition is the throat which leads from the back of the mouth to the oesophagus through which it is drawn to the stomach.

The stomach is another Suction station that is subordinate to the center of suction of the body—the heart.

The power of the earth's suction aids to some extent the power of man's suction in drawing the food downward to the stomach when man stands or sits upright.

But to prove that man's power of suction is greater than the earth's power of suction, insofar as it relates to the interior of man, a human being can stand on its head and draw water upward to the stomach by the power of internal suction as against the opposite pull of the earth's suction.

That also goes to prove that there is no such thing as direction in the universe and that the movement of

all things is regulated by suction and pressure in their relation to Penetrability.

Half way between two suction centers of equal power a mass formation will remain stationary in space containing lesser density.

On its way to the stomach the food is also pushed along to some extent by the muscles of the throat and oesophagus.

The trachea, a tube through which currents of air are drawn into the lungs situated just in front of the oesophagus, also has an opening into the throat, so in order to prevent food from being drawn into the lungs when man breathes an elastic lid—the epiglottis—moving back and forth with each gulp covers the entrance to the trachea where food passes, and leaves it open when man breathes.

The stomach, an elastic like pouch just below the ribs and partly towards the left side of the body, has an outside covering composed principally of muscular fibers running in all directions which allow it to expand when food is drawn into it and contract when food is squeezed out of it.

When too much food is put into this pouch it expands to an abnormal size and a continuous over supply of food will stretch it to such proportions that it will require a constant over supply of food to satisfy the increased and abnormal Suction demand created by the extra size internal space so developed.

This abnormal expansion of the stomach causes a corresponding pressure upon other internal parts of

the body which contracts and nullifies to some extent their power to act naturally.

The extra food also puts a strain upon the system to eject it, and the surplus that cannot be ejected through the natural channels, either turns into useless fat or else poisons the system with obnoxious gases which penetrate everywhere and pass out of the body as best they can in putrid odors.

The inside lining of the stomach contains numberless minute glands from which are drawn the gastric juices that are mixed with the pulpy mass that comes from the mouth in currents through the throat and oesophagus.

This mixture is churned about through the action of Suction and Pressure which causes expansion and contraction of the muscular fibers until a grey, slimy mass known as chyme has been formed.

As the food is drawn and squeezed about in the stomach by alternating Suction and Pressure movements, the valve controlling the opening into the intestines, opens and closes at intervals which allows the chyme to be drawn into the intestines. After three or four hours the stomach is then left empty.

Meals should not be eaten oftener than six hours apart, for the stomach, when empty should be given a rest for an hour or two.

After churning a mass of food for several hours the muscles of the stomach require time for relaxation and recuperation.

It is a beneficial practice to flush the stomach when empty with two or three glasses of warm water.

It is an injurious practice to put hot or cold food or drink into the stomach. Digestion is improved when food and drink are taken into the stomach at the same temperature as the heat of the body.

From the stomach the chyme is drawn as a current into a long coiled tube which occupies most of the abdomen below the stomach and known as the intestines or bowels.

The intestine which connects with the stomach is about twenty feet long and from one to two inches in diameter. It empties into another intestine about four feet long and two and one-half inches in diameter.

When in the intestines the food undergoes another change by being mixed with bile and pancreatic fluids.

The bile is drawn to the intestines in currents through tubes connecting with the liver which lies a little above and to the right of the stomach. When digestion is not taking place this bile is held in the gall bladder until needed.

The pancreas is a long thin gland lying just below the stomach that furnishes the pancreatic fluid.

Foods that have not been dissolved by the salivary and gastric juices are finally made liquid through mixture with the bile and pancreatic fluids.

For instance, starch is dissolved and changed into sugar when mixed with saliva. If pieces of starchy foods untouched by saliva reach the stomach however they are passed along to the intestines unchanged by the gastric juices, but are then changed to sugar by mixture with the pancreatic fluid.

The pancreatic fluid also dissolves any proteins that pass through the stomach in a solid state.

Then again, the gastric juices of the stomach only dissolve the little sacs that hold fat, but do not dissolve the fat itself. The pancreatic fluid breaks fat up into numberless microscopic drops which mix with the other substances and give the whole conglomeration the appearance of thick milk.

This last mixture is called chyle and its digested parts are what the blood absorbs for distribution among the different cells of the body.

Food that is not digested cannot be drawn into the blood, so the lack of digestion means a lack of nourishment no matter how much food is eaten.

Therefore it is important to keep the digestive organs in good order by giving to each the proper work to do. The stomach and intestines must not be expected to do the work of the teeth, nor should they be crowded with more food than the system needs. Neither should food be dumped into them, the elements of which can in no way harmonize with the composition of the protoplasmic cells of the body.

The long coiled intestine which holds the chyle is held together by the mesentery membrane which is wrapped about it in numerous folds.

The inside of the mesentery membrane is lined with innumerable small projections called villi.

Villi are covered with tiny cells that form the epithelium and contain on the inside a great many very small blood vessels, some of which bring blood to the intestines and some of which take the blood away again.

As the chyle passes along, the villi absorbs the digested food and rejects the undigested food which go to make up waste matter.

After the digested food is drawn into the villus the dissolved sugars, proteins, salts and water are taken by the blood vessels in currents to the liver, man's storehouse for food, while the fat is taken by the lymph vessels in currents and emptied into one of the large blood vessels in the neck.

As the chyle is passed through the intestines the undigested food and excretions not needed are forced out of the body by internal pressure.

Thus it is shown in this Chapter that the food of man is passed from ingress to egress through the main food currents along the line of the least resistance in conformity with the law of Penetrability in which solid substances were first made penetrable and then drawn by suction and pushed by pressure at various stages until reaching the terminal and the remains thereof were drawn again into space of lesser density—the air.

In succeeding chapters I will show further how this law works in other currents of the body.

In a healthy body food passed properly through the main channel should not contain sufficient odor to be noticeable by the olfactory organs a few feet away.

It is essential for good health that this waste matter be evacuated at least once or twice each day.

Unless there are points of egress for surplus substances to pass through in any formation or sufficient pressure from without to withstand it, a body will explode from internal pressure.

CHAPTER IX.

HEART SUCTION AND BLOOD SWIRL.

Every living formation has a center of suction which causes cohesion and order within itself.

The center of Suction of the Solar System is the Sun which holds together those substances of which the Solar System is composed and draws within it from without whatever substances are needed to sustain it by internal pressure and operate the various internal currents of Penetrability.

Ether is a substance of the Solar System and is moved in currents by suction and carries along with it such formations as the earth and other planets.

When Lawsonomy is studied by man it will be learned that the earth is neither a solid ball nor a balloon-like shell as heretofore generally supposed.

The earth is an organized living formation that is built up, maintained and finally disorganized by the same principle as every other formation in the universe.

The earth has a center of suction that draws external substances into itself and develops internal pressure to equalize external pressure.

The Law of Penetrability prevails throughout the interior of the earth and currents of different density

are flowing everywhere within it, moved by suction and pressure, of varying proportions.

Ingress is located at the north pole and egress at the south pole of the earth.

The molecule, the atom, the electron and all lesser formations are drawn together, sustained and finally disintegrated according to the same principle—Suction and Pressure in relation to Penetrability. Suction causes a swirling movement towards its center and every living formation in the universe, be it Solar System, Earth, man or electron, contains an internal swirl.

The heart is the center of Suction of man and the blood of man is kept in a swirl by the action of the heart.

Man has been taught heretofore that blood circulation is caused by a pressure movement of the heart, but man has not been given the full facts of the case.

The blood of the body cannot be pushed through the body until it has first been drawn to the heart by suction from all parts of the body.

Neither can the heart push this blood back through the body again after it has been drawn to it by Suction unless at the terminals of every current there is a Suction point to attract it.

The heart would become stagnated instantly if it were not for the innumerable suction points scattered all over the system.

There must be a suction point at the end of each blood current that permits the blood to be drawn into space of lesser density.

This space and suction is created by the action of the part moved which in turn draws the blood toward and into it.

When movement is discontinued by any part of the body, action stops and no suction takes place so that no blood is drawn there and therefore growth and sustenance ends.

That part of man which is moved the most will create the most suction and draw into it the largest quantity of blood.

Drawing blood to a part by increased suction not only feeds the cells there but tends to increase their number that causes the growth of new tissue for cells will continue to extend themselves as long as space, suction and nourishment are provided.

The little forms of life that populate the human cells will continue their activity as long as the body continues its activity if they are properly nourished.

So there must be a demand for blood throughout the system and a combined pull from all directions or the heart could not push the blood along at all.

The internal swirl of man goes on as long as the suction points are maintained and the heart is not injured by sudden or excessive strain.

Those suction points cannot be maintained unless the body is balanced in harmony with Lawsonpoise.

As action of the body decreases suction points recede causing shrinkage and loss of pull that requires less action by the heart and also a difference in blood pressure.

The internal swirl of the blood of man makes up a marvelous system of currents running in all directions through tubes of different proportions.

This system consists of two complete sets of tubes varying in size that run to and from the heart to all parts of the body.

These tubes taper in size as they spread out further away from the heart. They remind one of a great river dividing into smaller rivers with different branches divided into streams and brooks.

One set of tubes—the arteries—enclose the blood currents that move the food and oxygen to the cells that make up the entire system. The other set of tubes—the veins—enclose the currents of blood that carry the waste matter from the cells that is thrown out of the system by the operation of the lungs.

These tubes also remind one of a city water system whereby pure water is drawn from a lake and is pumped into large central pipes which pass into smaller street pipes and into still smaller house pipes and finally the water is drawn out at a suction point into lesser density, air, through a faucet. That is the artery plan.

Then after the water reaches the houses which can be compared to the cells of the human system and it is used for washing bodies, clothes, dishes and the floors and walls of the house, and its vitality has been used up, the waste matter is then carried through another set of pipes running from the bath tub and kitchen sink to a larger set of street pipes that empty into a still larger central pipe that finally empties the whole mass of water with its collections of civic impurities back into the lake again. That is the plan of the veins.

The blood contains about one-twelfth of the weight of the body and is watery substance called plasma. In the currents of this plasma are carried two kinds of corpuscles, one red and one white.

In the blood of a healthy person there should be about 300 red corpuscles to one white corpuscle. There are as many as five million red corpuscles to each drop of blood. That is why the blood appears red in color.

The red corpuscles are the oxygen carriers and when the blood passes through the lungs they take a supply of oxygen and carry it to some cell of the body that needs it. When completely loaded with oxygen these red corpuscles give the blood a rich scarlet hue.

The white corpuscles which are transparent with a slight bluish shade have a very important work to perform.

Although the red corpuscles are held to the blood currents the white corpuscles are able to penetrate the walls of the tubes and move about freely among the muscles and tissues drawing into themselves such substances or living particles as would cause disorder unless eliminated from the system.

The heart is a pear shaped organ stationed in the chest a little below the neck and mostly on the left side.

The heart, with the lungs almost fill the thoracic cavity which is separated from the abdomen by a thin muscle partition called the diaphragm upon which the smaller and lower part of the heart rests.

The heart is hollow with a wall dividing it length-

wise into two parts which in turn have a partition running crosswise making altogether four cavities within it.

The two upper cavities of the heart are known as the auricles and the two lower cavities are the ventricles. There is a valve between the right auricle and the right ventricle and the left auricle and left ventricle but no opening whatever between the right and left sides of the heart.

The purpose of the heart is first, to create a center of suction so that all substances of the body may be drawn together into a cohesive and organized mass; second, to create an internal pressure that will distribute substances throughout the body and maintain an equal internal pressure to offset external atmospheric pressure and third, to keep the blood in a constant and orderly swirl so that new living matter may be drawn in and distributed to all parts of the system, and waste matter carried out of the body through the different avenues of exit.

The heart is an Automatic stabilizer of the internal movement of man. This internal movement is maintained by a pumping action of suction and pressure which expand and contract the muscular walls of the heart.

The blood is first drawn into the heart by Suction and then squeezed out of it again by Pressure.

The blood is drawn into the heart and squeezed out again about seventy times every minute in the average adult although in children it moves at a faster rate.

The blood comes through the veins to the heart and passes from the heart through the arteries.

As the heart expands, the blood filled with impurities is drawn into the right auricle from the large veins running to the head and body which fill up both the right auricle and right ventricle and then as it contracts this impure blood is forced by Pressure into the Pulmonary artery through which it passes to the lungs to be purified.

The revitalized blood is drawn back through the pulmonary veins to the left auricle and left ventricle from which it is forced through the large artery—the aorta—and into the smaller arteries and capillaries throughout the system.

Pressure is greater on the left side of the heart than on the right side, because the left ventricle has to contract with sufficient power to send the pure blood to all parts of the body while the right ventricle has only to contract with enough force to send the impure blood to the lungs which are situated nearby. So the walls of the left ventricle have grown heavier and stronger through added exercise than those of the right ventricle.

The heart is the most powerful instrument of the system and it could go on working indefinitely if all other functions were maintained in an orderly way.

The heart works and rests alternately and never passes a minute without taking a rest after each movement.

The heart takes about three-tenths of a second in movement and about four-tenths of a second at rest. So it takes more time for rest than it does for work.

Therefore if the heart rests four-tenths of a second after each beat and it beats seventy times during each minute the aggregate quantity of rest it takes would be approximately eleven hours a day. So in order to balance the body with the action of the heart the aggregate time taken each day for rest by the body should approximate eleven hours. The oftener the body is exercised and relaxed the better it will be for it.

With each beat of the heart there is forced through the arteries a wave of blood and these waves make the pulse.

The Pulse is most noticeable at the wrist where the artery passes very close to the surface of the skin.

The heart beats faster when the body is exercised or when the mind is excited through joy or anger and slower through depression or sorrow or lack of Lawsonpoise.

If the ear is placed over the heart two distinct sounds can be heard with every heat. These sounds vary with the condition of the system and a physician knows when listening to the heart beats whether the heart is impaired or not.

The aorta is the large artery of the system and connects with the left ventricle and leads to the main branches which go to the body and head.

These branches or tubes are divided again and again into smaller branches or tubes and finally become so small that they cannot be seen by man without the use of a microscope. These minute tubes

are capillaries from which the cells draw their oxygen and nourishment from the blood.

After the blood has discharged its cargo of life giving materials to the different cells and is re-loaded with waste matter it is then drawn back to the heart again through the veins which act as the sewer pipes of the system. (Except one vein running from the lungs to the heart.)

The entire blood swirl then is maintained by the action of the heart caused by Suction and Pressure.

With the Suction movement the impure blood is drawn into the right side and the purified blood is drawn into the left side of the heart.

With the Pressure movement the impure blood is forced out of the right side and the purified blood is forced out of the left side of the heart.

The center of mentality for the blood swirl is to a very large extent located in the heart although it acts under the super-direction of the brain. If, however, the heart is removed from the body entirely it can continue to work independent of the brain and beat until its supply of oxygen and nourishment becomes exhausted.

There are, however, two mental channels passing from the brain to the heart over which constant communication between the brain and heart is carried on.

The brain keeps the heart informed on what takes place throughout the entire system and instructs it when and where to send blood more quickly and in added quantities as needed by the muscles for extra exertions.

Mental communication between internal parts of man do not attract the attention of his consciousness.

Muscle fibers throughout the body are all connected with the brain or spinal chord by mental fibers and can be made to contract or expand and in this way the flow of blood can, to some extent be regulated.

That part of the system which is most actively exercised creates the most suction and is the part that needs the most blood.

The harder the brain is worked the more blood is needed to sustain it. If the stomach and intestines are filled with food, large quantities of blood must be sent there to aid in the work of digestion.

A larger flow of blood is permitted to reach the stomach and intestines more quickly than usual through the relaxing of the small arteries through the action of the vaso-motor mental functions.

It is a bad practice to do either physical or mental work immediately after eating a meal for if the blood is taken for physical or mental activity the stomach cannot obtain what it needs and proper digestion of food is impossible.

The temperature of the blood of a normal person is about 98° F., and is not affected in the interior of the body no matter what the outside weather conditions register.

If the body becomes too warm from exercise, the blood moves toward the skin to be cooled; and if the body lacks heat the blood vessels contract and the blood is drawn inwardly away from the skin.

In this way the mental organisms located in the skin are able to keep the mind informed of temperature changes.

The more the body is exercised the greater number of suction points are moved and the faster the blood is drawn through the system.

The faster the blood moves the more oxygen is drawn into it through the lungs and the more fuel and oxygen are united which causes a greater supply of heat to the body.

The deeper you dig, the farther you go; the greater the effort, the stronger you grow.

CHAPTER X.

SUCTION AND PRESSURE OF THE LUNGS.

Although the heart is the center of Suction and Pressure of the body it would be useless without the aid of the lungs.

It requires power to move the muscles of the body and this power as well as internal heat is caused by uniting oxygen gas from the air breathed with the digested fuel foods that cause oxidation. The carbon dioxide or waste matter that ensues must then be thrown out of the system quickly or stagnation and death would result.

Drawing oxygen into the blood and squeezing the carbon dioxide out of it is accomplished by the process of respiration, which is caused by Suction and Pressure.

For the purpose of breathing, a passageway from the nostrils to the lungs has been provided, through which currents of air are drawn to the lungs and currents of waste gases are forced back into the air.

Air can also pass through the mouth to the throat, trachea and lungs, but breathing through the mouth develops ailments that are injurious.

If the mouth is utilized for breathing the nostrils are then denied their natural functions and in turn will become useless altogether.

Mouth breathing develops throat and lung ailments by allowing cold air and dust to pass directly into them. Whereas the air is warmed by the nose before it reaches the throat and its moistened walls, narrow windings, and hairs catch the dust and stop it from going any further.

After the air passes the throat it enters the trachea which is held open by a number of cartilaginous rings at the upper end of which is situated the larynx.

Inside of the larynx are the vocal cords which, when moved by internal pressure aid in the manifestation of the subtle substance sound.

Through the development and control of the vocal cords man is able to combine sounds and has created a language of many thousands of words with which he records thoughts and impressions for following generations to be guided by.

From the larynx the trachea goes in a straight course through the neck to the chest where it divides into two branches, one of which enters each lung.

There are two lungs—one on each side of the chest. They are like a pair of elastic bags and become inflated when suction draws air into them and deflated when pressure squeezes it out.

The tubes leading from the trachea into the lungs divide into small branches like the limbs of a tree and then again divide and subdivide until they reach the outermost twigs and finally empty into the minute suction points or what are known as air chambers.

The combined power from simultaneous action of countless minute suction points draws into and expands the lungs with air. The combined power caused by a simultaneous squeezing movement of the pressure points causes the lungs to contract again and throw out whatever waste gases they have drawn from the blood.

The pulmonary artery which encases the blood current that flows from the right ventricle of the heart to the lungs is divided and subdivided into smaller tubes that lead to the minute capillaries which form a net around the air chambers.

The walls between the capillaries and air chambers are composed of such substances and in such a way that gases only can penetrate them.

When the right ventricle of the heart contracts and forces the impure blood through the pulmonary artery and into the capillaries surrounding the air chambers, and the carbon dioxide gases that are brought from the cells of the entire system by the corpuscles are passed into the air chambers they are then squeezed out of the lungs by pressure in currents running through the trachea, throat and nostrils.

Then, when the left auricle of the heart expands, suction draws the blood back to the heart again and the corpuscles which have exchanged their cargoes of impure gases for pure oxygen are forced by pressure through the left ventricle to all parts of the body.

It is a simple principle—Suction and Pressure, causing expansion and contraction. There are only

two movements—draw in and squeeze out; still there could be no life in the universe without it.

It is when man loses the power to draw within in equal ratio to that which is squeezed out of him that decomposition takes place and little by little he gradually caves in and is squeezed to death by external pressure.

If however, man would retain a power of suction equal to that of pressure and remain in harmony with LAWSONPOISE he could go on living indefinitely.

The lungs are encased in the chest and are closed in front and back, at the sides and on top of the ribs, backbone, muscles and skin and at the bottom by the diaphragm. There is no opening except through the trachea.

With each inhalation of air the muscles of the diaphragm shorten, pulling it downward thus enlarging the space in the chest to make room for the inflated lungs. This space is further enlarged by the movement of the ribs upward and outward by the muscles which surround them.

With the exhalation of air the muscles relax and fall into their first position while the diaphragm also relaxes and is pushed upward into its former position by the abdominal organs which have been compressed by the inhalation movement.

The lungs of the average adult hold approximately 350 cubic inches of air and when the body is at rest changes about 30 cubic inches of air with each breath.

This shows that only a small portion of air in the lungs is changed when the body is relaxed and only about one-sixth of a man's lung capacity is used.

In order therefore, to keep the lungs in good condition a larger portion of their capacity must be used each day. This can only be accomplished by vigorous exercise of the entire body which causes a rapid suction and pressure movement that causes the air to flow in and out of the lungs more rapidly and in greater quantities and gives to each little air chamber a full supply of oxygen and at the same time casts out all lurking carbon dioxide that poisons the system.

Frequent deep breathing movements therefore, are necessary for the preservation and power of the lungs.

But this deep breathing must be forced upon the lungs by the muscles of the whole system and not by merely deep breathing exercises.

Deep breathing that is not forced by muscular movement of the whole body may have a beneficial effect occasionally but if the muscles of the chest should be relied upon altogether for this purpose other muscles of the body would be thrown into disuse and become weakened.

The length of man's life depends upon the weakest organ. Longevity demands that all organs are kept strong.

The healthiest pair of lungs would be useless if the heart failed to work. The strongest heart would fail if the trachea would not function.

Running, is one of the very best exercises to make all muscles of the body work and cause deep breathing. A man is very old who has lost the power to run.

When man runs it forces the muscles of his feet, legs, hips, abdomen, back, shoulders, neck, head, arms and hands in general action that makes necessary combined power that requires the burning up of much internal fuel.

The consumption of additional fuel means the demand for additional oxygen. So in order to supply it quickly the heart is called upon to draw in and squeeze out more quickly the blood that carries the oxygen to the muscle cells in order to oxidize the digested food.

As the blood flows faster through the arteries with more oxygen and back through the veins with the waste gases it forces the lungs to increased action to supply the oxygen needed and for that reason the lungs expand and contract more rapidly causing deep breathing in the natural way.

The center of Suction or pull in man is located about the center of weight and near the center of gravity.

The earth's suction or pull tends to draw the weight of man downward and this pull must be offset by the pull of man's suction in the opposite direction in order that he can stand up straight, balance himself and move about.

This balance cannot be maintained if the diaphragm is allowed to sag downward towards the

abdomen through the pull of the earth's suction and the push of weight above it.

This tendency can be checked in a large measure by man constantly drawing the muscles of the chest upward by exercise and deep breathing practices.

The diaphragm must be kept firmly in place and the circumference of man's waist line kept at its minimum proportions by internal Suction and Pressure movements of the lungs and proper food drawn into the stomach.

As the diaphragm loses its strength and sags below its normal line of balance, through lack of exercise by internal suction and pressure the top part of the body of man begins to droop or stoop and is gradually drawn downward toward the center of the earth's suction until finally he can no longer stand upright and he passes away.

This same principle applies to the life of a tree or other plant. When the suction power of a tree or other plant cannot pull upward to equalize the downward pull of the earth's suction it droops toward the center of the earth.

Nature has no secrets. If man will look far enough he can see and know everything.

CHAPTER XI.

BONES AND MUSCLES.

The shape of man and his ability to move about depends upon his bones and muscles.

In fact it is to keep the bones and muscles in good order and serviceable condition that the stomach, heart and lungs are largely needed for.

Without a frame of bones for support man could not stand erect. Without bones he would have to lay flat upon the surface of the earth and wriggle about. Without muscles he could not even wriggle.

The frame or skeleton of man consists of two hundred bones of various sizes and shapes. This skeleton is principally supported by a backbone which is made up of a number of small bones called vertebrae.

The skull set at the top of the backbone is one of the most important parts of the body as it encases the brain and organs of the senses.

The heart and lungs are protected by the ribs which surround them from the backbone to the breastbone or sternum.

The bones of the arms and legs are the longest and strongest of the body and must bear the heaviest strains.

All of the bones of man although of different sizes and shapes are constructed so as to permit the minimum weight for the maximum strength.

The bones of the arms and legs are of a light spongy nature at the ends and hollow throughout their length.

Bones are composed of two distinct kinds of materials—organic and mineral—which combination forms a structure that is strong and hard.

Organic matter furnishes substances that give to the bones life, strength, and cohesiveness, and mineral matter furnishes substances that contribute hardness and solidity.

If a bone is burned with fire the excessive heat dissolves the organic structure and the substances pass away in gases and the mineral matter remains as ashes. So when a man is cremated all that is left of him are his mineral remains.

The bones of a child at birth, contain no mineral matter at all and are soft and pliable. As the child grows, mineral matter is gradually absorbed until the bones become stiff and hard.

As the bones of a child are more flexible than those of the adult, great care should be taken in the development of them, that they will be afforded every chance to grow large, strong and shapely. This can be accomplished by the regulation of exercise, nourishment and rest.

Clothing has a tendency to compress the bones and more especially tight shoes, heavy hats, belts and garters. Bone and muscle need room for ex-

pansion and the less tight fitting clothing worn the better.

There are parts of the body that need a substance more flexible than bone and tougher than muscle and this substance is called cartilage.

Between each vertebra of the backbone are cushions of cartilage which allow the backbone to stretch and twist and also absorb the shock that the body would get if the bones touched each other, especially the jars from jumping or running.

The ribs are united to the breastbone by small pieces of cartilage and the outer ear is composed of cartilage covered with skin. There are also pieces of cartilage around the larynx.

But with all of the bones, muscles and cartilage of the body still man could not move himself about if it were not for the joints. An accident to the joints causes stiffness or lameness.

There are two kinds of joints—the ball-and-socket joint and the hinge joint. A hinge joint permits back and forth movement only—the ball-and-socket joint allows movement in all directions. At the elbows is found a hinge joint and at the shoulders a ball-and-socket joint.

The ends of the bones forming the hinge joint are large, rounded and smooth and are covered with a layer of soft cartilage and adjusted to allow easy movement.

The bones of the joints are surrounded by a thin membrane which produces a liquid that moistens the ends of the bone and this prevents friction.

The ends of the bones are fastened together by ligaments and muscles to keep them in position and afford movement to them.

From the ends of the muscles the tendons pass down over the joints and are attached to the bones below.

Covering the bones, muscles, tendons and ligaments is the skin which forms a wall of protection for them all against outside influences.

At the shoulder, the upper end of the arm bone is rounded like a ball and fits into a hollow cavity in the shoulder blade. While this is bound together similar to the elbow, a loose leathery sack is also fastened to the shoulder blade and passing over the joint at all sides is attached to the upper end of the arm bone, making a complete covering for the joint.

A bone pulled out of place in its socket is a dislocation; a strain in one or more of the ligaments is a sprain.

When dislocation happens a physician should be called at once to attend to it. But in case of a sprain the parts can be moved about in hot and cold water alternately between resting spells until the ligaments have regained their normal elasticity.

The currents of heat from the hot water penetrate the tissues causing a suction movement and the frigid currents from the cold water causes a pressure movement that readjusts the substances of the tissue until a normal condition prevails.

Unless movement is kept up, strained ligaments become stiff and it takes longer for them to regain their elasticity than if exercised.

The power to move the body or parts thereof come through the muscles. The joints, ligaments and tendons by themselves can produce no movement.

The lean meat of man consists of muscles which are attached to his bones by cords or tendons. These tendons are of various lengths and a number of them at the ankle run from the leg to the toes, or at the wrist from the arm to the fingers.

The power of the grip from a handshake comes principally through the muscles of the arm, although the tendons, ligaments and bones must be equal to the strain put upon them through the contraction of the muscles.

Muscles are made up of innumerable microscopic fibers, running lengthwise and fastened to each other by minute connecting bands.

Countless blood capillaries circulate among these muscle fibers supplying nourishment and fuel that creates the Power to move them.

The proteins of digested food carried by the blood help to make new muscle tissue to replace that which is constantly being worn out and the sugars and fat and some protein furnish the fuel for power.

Connected with each muscle fiber are numerous points of suction and there are also numerous minute power plants in which the digested fuel foods are mixed with the oxygen brought from the lungs by the red corpuscles causing explosions, numbers of which acting simultaneously create sufficient internal pressure to move the muscles.

The heat generated from these explosions goes to warm the body.

The action of these power plants are governed by local mental organisms which in turn are directed by the forces that govern the brain.

There are a number of muscles of the body over which there is no direct conscious control, such as those which make up the walls of the intestines and stomach that churn and propel the food, or those which expand or contract the arteries that regulate the flow of blood. These are called involuntary muscles. They are somewhat different from the voluntary muscles in shape, being flat masses of microscopic fibers bound together, and they are also more sluggish in their movements.

It is the contraction of a muscle that moves the different parts of the body and by concerted efforts moves the whole body from place to place.

Each muscle is opposed by a counteracting muscle which pulls the parts moved back into place again after each exertion. When one muscle contracts, the other one is lengthened.

The muscles of the body would not be able to move at all if it were not for the mental organisms which connect with the brain through mental fibers and which also connect with the power plants of the muscle fibers.

From the brain are sent Orders to the mental organisms through the mental fibers as to what muscles are to be moved and instantly numberless mental organisms cause the explosions that take place in the muscle fiber plants that move the muscles.

The brain is the director of all physical action both voluntary and involuntary, and the control it exercises over the muscles is remarkable.

By the direction of the brain the muscles can be made to act either singly or collectively, and when a man runs, a hundred or more muscles must work together in unison.

There are more than two hundred muscles of different shapes and sizes in the body. The largest number of these muscles are fastened to at least two bones, and allow movements in any direction that the joints will permit.

The strength of muscles depend upon the way they are exercised. The more they are used the stronger they become.

It is not good for the system, however, to over-develop one set of muscles and neglect others. The body will be much stronger as a whole if all muscles are given moderate exercise.

In fact, the muscles should never be developed beyond that strength which can be maintained throughout the entire life of man, for it is the disuse of portions of the body once developed that starts decomposition that finally ends in death.

When muscles are not used they become weaker and smaller and in time lose all of their strength.

It is the life of man to keep all muscles exercised to a healthy condition and the death of him to neglect doing so.

*The faculties of reason are weakened
by the denial of evident facts.*

CHAPTER XII.

KIDNEYS AND SKIN.

A mature body must be able to get rid of the same quantity of matter it absorbs.

The purpose of food is to replace the constantly wearing out materials of the body as well as to furnish fuel for heat and power. Therefore, efficient methods for expurging waste matter are just as essential as efficient methods for feeding the body.

A large proportion of the food eaten is not taken into the blood at all, but is passed out at the vent after leaving the intestines.

After the fuel foods have been carried by the blood to the muscles and are oxidized, more waste matter is produced in carbon dioxide, water and other substances. The carbon dioxide and some water is taken by the blood and breathed out of the lungs. A large quantity of water is eliminated by the kidneys and skin.

Another waste product called urea is absorbed from the blood by the kidneys and passes out of the body in the urine.

There are two kinds of materials produced in the body which are known as secretions and excretions.

Excretions, such as urea and carbon dioxide are waste products. Secretions, such as saliva, gastric

juices, and pancreatic fluid that come from the glands are useful products.

Urea is eliminated from the body by the kidneys—a pair of organs situated in the back of the abdomen close to the backbone and behind and below the stomach. Each kidney of an adult is about four inches long and one and a half inches wide.

The blood is carried to each kidney by a large artery current and taken away again by a large vein current. A tube known as the ureter encloses a current that carries the material removed from the blood by the kidneys to the bladder.

The kidneys are composed of innumerable blood vessels and a series of small tubes known as tabules.

The tabules take from the blood the urea and other materials and a large quantity of water which passes through the ureters into the bladder and out of the body.

The skin acts as a covering for the entire body as well as a means for regulating heat and eliminating waste matter.

The skin has two layers. The outside layer being the epidermis and the inside layer the dermis. The epidermis contains neither blood vessels nor mental fibers and therefore has no feeling. The dermis contains innumerable mental fibers and blood vessels and is very sensitive, especially to cold and heat. The epidermis which is constantly being worn away is given its growth by the dermis from the inside. Constant rubbing will cause the epidermis to grow thick as in the case of the soles of the feet.

Hair, which covers a large part of the skin, passes through it from a little pocket or follicle. The hair grows from the papilla which is situated at the bottom of the pocket. Thus growing at the root the hair is continually being pushed out of the pocket and through the skin, to the air which is of lesser density than the body. Opening from the sides into the follicles are minute glands which furnish the hair with oil to keep it soft and flexible.

In the beginning, man was covered with great quantities of hair as a protection against inclement weather and insects, but little by little, he gradually disposed of it in exchange for artificial covering until now he has very little use for hair except as protection to the eyes, ears and nostrils against flying particles.

Nature abhors uselessness, and hair being no longer needed by man it is quite likely that a few more intellectual strides forward and the few remaining hairs upon the head and body of man will pass away entirely.

With the development of the brain, hair has a tendency to leave the forehead naked, but hair will fall out of the entire head if it is constantly covered up so that air can not get to the roots of it, or from various diseases.

Hair and mentality cannot live together. As the system increases the number of its mental organisms to all parts of the body the sensitiveness of feeling is increased near the surface of the skin. As hair has no mental fibers or mental organisms it has no sense of feeling and the body composed of

great mentality desirous of obtaining the slightest impression through feeling caused by pressure eliminates hair as an interference wherever it is not needed as a protection.

Hair cannot grow at the tips of the fingers, for instance, because these tips have developed an extraordinary sense of feeling and can detect the least pressure. Constant usage for feeling purposes has brought to those points an extraordinary large number of mental organisms whose work is to report instantly to the brain the different pressures put upon them.

The hair and scalp should be washed with soap and warm water once or twice a week to keep them clean, but care should be taken to thoroughly rinse the soap away so that its injurious ingredients cannot destroy the roots of the hair or dry up the oil glands that preserve the hair.

The scalp should be exercised each day, morning and evening, by a brisk rub with the fingers. A little warm water rubbed into the scalp occasionally followed by a cold water rub will act as a tonic for the scalp. The head should then be thoroughly dried and left uncovered as long as possible. Two things must be remembered,—the scalp needs some exercise, and it needs plenty of air—particularly air.

The finger nails and toe nails are outgrowths of the epidermis although developed differently. These nails are grown as a protection to the fingers and toes and aid the fingers in picking up things. The nail grows from the root outward and unless

the root is destroyed will continue to grow as long as there is life in the body. The nails should be kept clean and they should be trimmed at the ends with scissors, knife or file. The skin around the base of the nails should be pushed back occasionally with a smooth, blunt stick or instrument, but not cut.

It is important to keep the skin in the best condition all of the time for a healthy skin wards off all sorts of diseases.

The epidermis is a great protection to the flesh beneath by keeping out poisonous substances or ravaging bacteria, which, if allowed to get into the flesh, causes various kinds of skin diseases, sores and blood poisoning. A little cut, scratch, or tear in the epidermis will open the gates to the blood vessels through which millions of bacteria can enter. Therefore, care must be taken to wash and sterilize each cut or scratch immediately, no matter how trivial it might appear. The prick of a rusty pin can let into the blood enough poison to cause the loss of an arm or leg unless properly attended to at once.

The skin contains about two and one-half millions of sweat glands. On a warm day, or after taking vigorous exercise these glands throw out of the skin from all parts of the body small drops of water, or sweat.

A sweat gland is a microscopic tube passing through the epidermis which discharges the sweat through a minute hole, or pore, to the surface of the skin. Unless excessively warm the sweat evaporates as soon as it passes from the pores and a con-

tinuous stream of vapor passes from the body into the clothing or coagulates on the surface of the skin. Thus the body should be bathed frequently in order to carry away entirely from its surface these waste products.

During the winter months a warm bath at night before bed time for cleaning purposes, and a cold bath in the morning upon arising as a tonic, will keep the skin clean and in good condition. During the hot summer months, however, three or four baths a day are not only necessary to keep the body clean, but will, through their refreshing qualities enable one to do a larger day's work than could otherwise have been done. Underwear should be changed and washed after each sweat.

At least one good sweat should be taken each day and this sweat should be brought out by brisk exercise that will bring every muscle and pore of the body into action. A Turkish bath may do for an occasional cleaning up of the body, but it cannot be compared to the natural sweating process brought on by the free exercise of every part of the body. Lack of sweating is responsible to a large extent for the organs of the body not functioning accurately.

Care must be taken not to cool off too suddenly during a sweat, or colds and various throat and lung troubles may result. A warm bath should be taken immediately after the sweat followed quickly by a cold water plunge, or shower.

The heat generated within man is constantly being thrown out into the air through the pores of the

skin and his blood is cooled by flowing near the surface of the body.

When there is too much heat in the body the blood vessels in the skin expand causing the blood to flow faster, which cools more of it. When there is not enough heat in the body the blood vessels of the skin contract and the blood is kept away from the surface and retains its heat by not throwing it out into the air.

The brain regulates the increase or decrease of the heat that passes out through the skin. In this way the temperature of the body is controlled. The sensations of heat and cold, except in the digestive canal, and the lining of the mouth, come through the mental organisms that are located in the skin. When the blood is close to the skin it warms these mental organisms and the heat is felt and when the blood is farther away from the skin these mental organisms are cooled by the outside air and the cold is felt and communicated to the brain through the mental fibers.

The temperature of a body in perfect physical condition should be about 98° F., summer and winter alike. When the temperature falls below or rises above this point it registers imperfect health.

As the body produces more heat than is needed the surplus must be eliminated in order to keep the right temperature. Besides the skin, the lungs also aid in regulating it and much of the extra heat is passed out of the lungs by the breath. The blood is also cooled as it passes through the lungs by the inhalation of the cooler air.

In warm weather, the more the body sweats the cooler it becomes, for, as the water reaches the surface of the skin it cools off to some extent and then requires the heat of the body to evaporate it, which causes a corresponding loss of heat to the blood and cools it thereby.

If the skin were exposed to the cold air more it would gradually become less sensitive and would not require so much covering in cold weather to keep it warm and the body thereby would become less susceptible to colds and a better tone to the entire system would be the result.

The habit therefore of wearing heavy clothing should not be encouraged and especially is it injurious to wear furs or mufflers of any sort around the neck no matter how cold the weather might be.

The skin needs air and exercise the same as all other parts of the body and it should be frequently bathed with air as well as with water. If the body is completely covered with fur, or rubber garments, there is no chance for the air to reach the skin at all, or for the surplus heat of the body to pass from the skin to the air. Therefore clothing should be worn that contains air spaces to allow a continual exchange of heat and air through the pores of the skin.

Clothing does not warm the body, it merely holds the heat from the body close to the skin and therefore thinner clothing woven with larger air spaces, is more necessary during the summer than during the winter months.

The habit of giving the skin absolute freedom of movement for a few hours each day should be cultivated by disrobing entirely from head to foot and exercising an hour before retiring at night and an hour after arising in the morning. If an hour is also given to this practice during the middle of the day one will find that increased efficiency of the body will result and that more work will be accomplished with less fatigue than if one goes throughout the entire day without giving the skin a chance to breathe.

During such periods a cold shower or plunge and a brisk rub from head to foot with hard towels will give the skin the exercise it requires.

The body should always be covered with a spread of one thickness or another when in a lying position during sleeping hours and the feet should have a little heavier covering than the rest of the body as they are the farthest away from the blood pumping heart and get the least warmth from the heat of the blood when in action.

On the other hand the head must be kept cool as it is situated near the heart and the brain receives a constant stream of fresh warm blood and it is encased by a bony skull which does not allow the heat to penetrate as rapidly as it flows through the skin.

In order to keep the head cool, hats, which are but an adornment, should be worn as little as possible. Without a hat holding excessive heat close to the head the scalp will get a chance to absorb air which will allow it to grow whatever quantity of hair nature considers useful to the head.

One cannot be a slave of a destructive habit and be master of his own mind.

CHAPTER XIII.

THE MENTAL SYSTEM.

There are three main factors that are fundamental in the life of man. They are, density, movement and consciousness.

Density is made up of varying substances; movement is caused by Penetrability of substances; and consciousness is the effect of organized substances.

According to Lawsonomy mentality is a substance of superlative penetrating qualities. Mentality is of lesser density than light, ether, or electricity and is more subtle and of greater speed of movement than any of them.

All matter contains mentality in greater or lessor quantities and it is moved by Suction and Pressure in their relation to Penetrability.

Mentality is squeezed out of matter by Pressure and drawn into matter by Suction.

Like all other substances, mentality moves in currents that are started at pressure points and terminated at suction points.

The mental system of man is a great organization consisting of billions of living mental organisms that are connected together and held in systematic order by the power of the internal suction of the body. Each one of these mental organisms also has

a center of suction and pressure with power to both receive and send impressions.

The center of suction and pressure of the combined forces of mental activity of the body is the mind.

This center of suction of the mental system draws into itself the impressions registered by all of the mental organisms and the effect of these combined impressions causes consciousness.

The greater number of varying impressions passing through the mental system the greater is the scope of the mind.

As intelligence is received through impressions from all parts of the system the mind digests and utilizes this intelligence for the preservation and development of the body as a whole.

Thinking is caused by Suction and Pressure. It is Pressure that starts impressions and Suction that draws them to the center of consciousness.

At the terminal of every mental fiber there is a suction and pressure point which connects with various mental stations and the brain.

Pressure exerted upon any one of these terminals is transmitted to the relay stations and thence to the brain. Pressure put upon a large number of these terminals is simultaneously transmitted to the relay stations and brain which registers combined pressure.

Pressure exerted upon these mental terminals causes waves of mentality to pass through the mental fibers and through the nature of these waves, the

nature of the impression is made known to consciousness.

The mental system, with its billions of living organisms scattered all over the human body, is like a mammoth army of men scattered all over the world and working together as a united force who furnish information to a central director and then take orders from him as to what their movements will be.

Any organization, no matter what its nature may be, to work efficiently must be directed by a central power—a general director—with supreme authority to give orders and the force with which to back them up.

The general director of the human system is the mind which issues orders to all parts of the body through the instrumentality of the brain, spinal cord, mental fibers, mental organisms and currents of mentality.

It must be understood that the brain, spinal cord, mental fibers and mental organisms of man are physical instruments built up within his body from substances drawn into it, but that mentality is a substance drawn directly into the mental system by its own power of Suction.

A thought is a tangible expression brought into form through a combination of mental impressions. A thought can be transmitted to another mind directly, by force of Pressure and Suction, or it can be transposed through a combination of sounds and then recorded by means of letters made up into words and sentences.

With increased action on the part of the mental instruments, increased power of suction takes place which develops greater capacity for mental impressions and thoughts.

Intellectual development in man is caused by the growth of superior physical instruments which consume large quantities of mentality.

The mind is that part of man which becomes conscious of what happens through intelligence received from an organized force of mental organisms and then directs the movements of the body by means of this organized force.

The center of mental activity lies in the brain which is a mass of mental tissue that almost fills the cavity inside the skull.

The brain is divided into three parts—cerebrum, cerebellum, and medula oblongata. Each of these parts have separate and distinct governing functions.

The weight of the brain in the adult will average about three pounds. It increases in weight and size by increased thinking and it is built up and obtains its fuel for power from substances brought to it by the blood.

The brain is composed of two kinds of materials—white matter consisting principally of mental fibers and gray matter composed largely of mental organisms.

Orders are issued by the gray matter and are conveyed through the white matter by means of mental currents to the different parts of the body.

The cerebrum, in which the mind is located, is in the topmost and largest part of the brain. It is covered with deep furrows and convolutions and is divided into two parts by a groove extending from front to rear.

The right half of the cerebrum controls the left side of the body and the left half of the cerebrum controls the right side of the body.

The cerebellum, in which the muscle control is centered lies at the back of the head beneath the cerebrum. It is partly flattened and contains numerous furrows.

The medula oblongata is situated between the main brain and spinal cord. It is about one and a quarter inches in length and controls the heart action, breathing, swallowing and the expansion and contraction of the blood vessels of the vaso-motor system.

The medula oblongata is a very delicate, as well as a very important part of the mental system and it is protected by thick bones at the base of the skull. The prick of a pin upon a certain part of the medula oblongata is enough to cause the death of man.

Connecting with the medula oblongata and running downward inside of the spinal column is a circular cord about a half inch in diameter. This is the spinal cord and it terminates at the lower end of the back bone.

The spinal cord is protected on all sides by the vertebrae of the spine and is also covered with soft membranes. This spinal cord, like the brain, is divided into halves by a groove running up and down

both sides of it. There are thirty-one mental channels running off each half of the spinal cord.

The composition of the spinal cord is of the same white and gray matter that the brain is composed of. The gray matter containing the mental organisms is located in the center and on the outside is the white matter made up of mental fibers.

There are two mental channels—sensory and motory. The sensory channel carries from all parts of the body to the mental centers and brain the impressions felt by the skin, tongue, nostrils, eyes and ears and the motory channel conveys the orders issued from the brain through the mental centers to the different muscles of the body directing their movements. One channel is used by the brain for receiving messages, and the other channel is used by the brain for sending messages.

Each channel from the spinal cord starts in the gray matter in the center of the cord and passes between the vertebrae and outward to the different parts of the body connected to the brain. Each of these channels come from the cord in two branches known as roots.

The anterior root conveys orders from the brain to the muscles and the posterior root carries the impressions from the skin and other organs to the spinal cord and brain.

When the two branches combine they form a mental trunk which is made up of innumerable mental fibers into a bundle by which means, every mental organism in every muscle or every part of the skin receives from, and sends to the brain mes-

sages. Mental currents passing through mental fibers carry these messages to and from the mental organisms which send and receive them.

These mental organisms are most numerous in the brain and spinal cord where orders are sent out to the different organs. A brain contains over nine billions of these mental organisms.

The conscious mind is the center of feeling and in order to protect all parts of the physical body from danger as well as to receive outside impressions and direct the movements of the body, lines of communications have been established through mental fibers to mental organisms in all parts of the body. If one of these lines of communication between the brain and any part of the body is severed that part no longer has the power to move, because it can no longer be directed by the mind to do so.

If, for instance, the mental channel which connects the foot with the spinal cord and thence to the brain is cut in two in the upper part of the leg, the foot not only has no power to move, but it can be slashed to pieces or burned away entirely without the least feeling of pain to either the foot or the mind because the line of communication which carries the impressions to the brain is no longer connecting the foot with the brain and therefore the mind is not conscious of external influences upon the foot. That is proof that the flesh of man has no feeling whatsoever and that it is consciousness alone that feels all pain, sorrow or gladness.

On the other hand, however, there can be no consciousness of man without the physical organization

to establish and uphold it as there could be no means of harnessing mentality without the instruments which utilize it.

When the mind wants a set of muscles to move it exerts pressure and sends a wave message to a subordinate mental director located in the cerebellum. This subordinate director exerts pressure to send wave messages to the medula oblongata to notify the heart and lung directors that the muscles of a certain part of the body are to be put into action, so that the fuel and oxygen may be moved simultaneously to the points where the power is needed. Messages are also sent to various departments located in the spinal cord and mental fibers.

In this way the mind has notified every mental function of the body that will have anything to do with the movement what is about to be done, and they all work in conjunction with one another.

From one to another of the different functions the message is sent by wave pressure until it is received by the mental organisms at the end of the mental fibers, which is all accomplished according to man's consciousness, instantly.

At the ends of the mental fibers these organisms then superintend the mixture of the fuel substances which are brought to the muscle fibers by the blood through the capillaries and at the pre-arranged moment the oxygen and fuel foods are brought together and ignited causing explosions which causes pressure upon the minute muscle fibers, that causes them to contract.

Millions of these minute muscle fibers contractions combine to give strength and movement to the larger muscles of the part of the body moved.

After Pressure has been exerted to contract the muscles Suction then draws them back into place again by reverse movement.

While this operation may seem complex, the law of it is so simple that it requires but two basic movements—Suction and Pressure—and these two movements are caused by Penetrability of substances of different density. Very simple when one understands the one law which causes everything in the whole universe to move.

Although the brain is the center of consciousness still there are many physical movements of the body which the mind is not conscious of.

A generalisimo of a great army or the director of a large industrial plant cannot know of everything that takes place even though he is the center of action and in a position to secure telephonic communication with any part of the vast organization at any moment.

The directing force of a great army or industrial plant is therefore divided and subdivided again and again and the generalisimo or general director only give attention to the general plans of operation and delegate the minor movements to subordinates.

An ocean sailing vessel would never reach its destination if the captain had to stay awake during the entire voyage. Neither would a human being live very long if he had to stay conscious during his whole life. So the mind must be able to relax

from consciousness and take regular hours of rest and this can only be accomplished through the distribution of operating management to subordinate mental forces. When the mind therefore lapses into unconsciousness, the subordinate mental forces continue to direct the work of the body and such organs as the heart, lungs and intestines continue to perform their duties.

The chief directing forces of the body are located in the cerebrum, cerebellum, medulla oblongata, and the spinal cord, each of which is composed of the same gray matter or mass of mental organisms which sends and receives impressions, and the white matter of the mental fibers through which the impressions are sent and received by currents of mentality.

When a body first learns to walk the mind must give it complete attention and one is then conscious of every step taken, but little by little the mind trains one of the subordinate directors to supervise that work and subsequently gives to walking very little attention, other than to direct the general course to be taken.

Once the subordinate forces have mastered the direction of walking, the mind can be concentrated upon other things and the feet and legs will go on moving the body forward without the mind being conscious of the steps taken whatsoever.

As the different movements of the muscles are mastered by the subordinate directing forces, the mind is enabled to direct a greater number of acts

and it is possible for almost every muscle of the entire body to be set into motion simultaneously.

For instance, the mind can start the legs to running, the arms to waving, the vocal cords to shouting, or the jaw to chewing, the eyes to watching, the ears to listening, the skin to sweating, the nostrils to smelling, or breathing, at the same time and still be unconscious to all of these acts while the brain is working out some mathematical problem. And while the mind is chiefly occupied in solving the mathematical problem, the subordinate directing forces in the cerebrum, cerebellum, medulla oblongata, and the spinal cord are supervising the different muscular movements of the body.

The mind then is the director general of the system. It has working under it various lieutenant generals, brigadier generals, colonels, majors, captains and privates. The millions of little mental organisms throughout the body are the privates who do the fighting for the system and those privates naturally expect their director general to be capable and reliable, and to use good judgment in the direction of his forces. They are the protecting forces of the body—the army of construction, and they are constantly being attacked by foreign elements or by an army of destruction.

The director general must naturally throw upon his subordinate forces located in the cerebellum, medulla oblongata and the spinal cord as much of the directing work as they can properly attend to while he attends to the general planning for the entire system, so that it would be impossible for him to give

attention to the millions of little things which are happening all over the body. But there are times when some attention must be given to the different localities.

For instance, if the skin of a certain portion of the body should be torn by a rusty nail, instead of allowing those organisms located in that particular part of the body thus attacked and crippled to ward off the foreign attack and undertake the repair work unaided, help should be sent at once in the shape of external chemicals and a rub of iodine upon the attacked parts would help to destroy the foreign elements and allow the organisms to rebuild the tissues torn away.

That would be better judgment on the part of the director general than if he allowed the scratch to remain without aid, and the foreign elements were permitted to overpower the outposts of his forces and work their way internally from tissue to tissue until they had poisoned and crippled an entire limb or organ.

Another important thing the director general must do and that is to encourage the army of construction and defense to keep up their spirits by sending them healthy and encouraging reports. What can be worse for the morale of an army than to be constantly receiving reports from the director general that everything is going wrong, that disorganization is rampant everywhere throughout the entire system and that it won't be long before the body will die altogether.

Discouraging reports telegraphed by the mind to the different parts of the body have a depressing effect on those parts which make them ineffective for their best work.

Therefore, the mind must train itself to use good judgment and exert will power to the best advantage and instill into the subordinate directing forces qualities of self preservation whereby the expansion principle will predominate and the construction forces can overcome indefinitely the destroying forces which tear down and lay prostrate the body of man.

Cheerfulness and optimism started by the mind and communicated to the subordinate mental directors and thence to the billions of mental organisms all over the body causes a beneficial reactivity and a cheerful response from every mental organism, the combined force of which influences the body towards a healthy state.

The director of consciousness fails in its duty to the entire mental system when neglecting to properly exercise all of its functions, or incapacitates the different parts of the body by passing into it poisonous foods, drinks or fumes.

The mental organisms of the heart, no doubt, take pride in keeping the machinery of power in the best condition, just as any body of engineers would take pride in the operation of man made machinery. The mental organisms that superintend the movement of the muscles neither want those muscles to rust away for the want of exercise nor incapacitated by strains or undernourishment. So they all depend upon their general director to be a master and do the right thing at all times.

He who does not advance beyond the capacity of his parents has given naught to the development of mankind.

CHAPTER XIV.

THE SENSES.

In the last analysis all there is to man is consciousness, without which there could be no understanding nor intelligent direction of the body.

Nor could there be consciousness without a body of organized instruments to develop and utilize it.

A means, therefore, to harness mentality and utilize consciousness had to be arranged for man and this was accomplished by the senses.

The capacity of consciousness as well as other functions is developed in living things according to necessity.

As the progenitors of man were gradually moulded into physical shape, consciousness was acquired as the necessity for it demanded.

In his primitive state man's consciousness only had to meet the simplest needs and so the senses were developed along the most primary lines.

Man had to be developed through natural growth and his consciousness was not started with the desire to understand superlative mathematics but through necessity of self preservation.

Man had to learn how to live and protect himself so his primitive consciousness and senses of conveyance were developed for that purpose.

Necessity first required the development of taste and smell so that man could distinguish the different kinds of food he absorbed. So by taste and smell he learned directly from nature the best kinds of substances to draw into his body for sustenance and growth and power to move.

With his appetite attended to the next thing was to learn how to protect himself against extraneous influences, such as temperature and mutilating forces, both organic and inorganic. For this purpose the sense of feeling was developed so that he could distinguish the different pressures antagonistic to his body.

In addition to the sense of feeling it became necessary that he could distinguish the direction from which attacking forces were coming as well as to know the nature and proportions of these forces. So the senses of sight and hearing were developed.

So with these five senses connecting the outside world with his inner self and furnishing intelligence of what was taking place within a restricted area, primitive man formed the idea that he was well equipped to fight for existence and that no other senses were necessary for all time to come.

Before pointing out what other senses are necessary before man can make great strides in mental development, the five senses will be described. Each of these senses has a specially constructed system of mental machinery capable of receiving impressions and conveying them to the mind.

THE SENSE OF FEELING.

Scattered all over the body are minute mental organisms that are developed especially for the kind of work they are to do. These mental organisms are connected with the brain by mental fibers through which they send their messages concerning what takes place in their different localities.

The extent of disturbances caused by pressure, either temperature or otherwise, upon any part of the body is made known to the brain by the nature of the attack upon these mental organisms.

For instance if the arm is squeezed, the nature of it is made known to the mind through the combined sensation felt by the number of organisms affected.

The laying on gently of a hand upon the skin of the arm while felt by a large number of mental organisms does not create the commotion that the pressure of a mosquito's bill through the skin will cause when coming into direct contact with but a fewer number of mental organisms, because one registers a friendly pressure while the other registers a deadly attack.

Although the attack of the mosquito covers but a small area in comparison to that covered by the friendly squeeze of the arm, the mental forces receiving the full force of the shock sends the whole painful sensation to the brain and the necessity of self preservation being uppermost in man, the mind sends instant messages to all parts of the body to annihilate the intruder and the muscular forces of the system are set in action and the flat hand of

man rises and falls upon the part of his body attacked and the bloodthirsty mosquito is mashed to pieces.

It is possible for man to deaden his sense of feeling so that he will feel but little or no pain, but in doing so he destroys the mental machinery necessary to guard and protect him against destroying influences. Pain is man's protection agent. It warns him when it is necessary to protect himself or fix his machinery.

The sense of feeling then comes from pressure put upon any part or parts of the body being sent by the mental organisms located at the ends of the mental fibers to the organ of consciousness.

The parts of the body that acquire the most sense of feeling are the parts that are used the most frequently, such as the tips of the fingers, or the tip of the tongue, owing to the greater number of mental organisms developed in those parts by necessity and increased activity.

The flesh of man has no feeling, so in order to prevent its destruction unbeknown to him, mentality is extended to all parts of the body so that pain can make known where the flesh is being damaged. If it were not for pain man could rot away or be destroyed in many ways without being aware of it.

There can be no pain as long as the machinery of man is working properly and there are no detrimental outside influences.

Man must feel pain occasionally, however, in order to understand its nature, but he can guard against it through correct exercise, nourishment and rest to

such an extent that pain would be felt but seldom during his life.

Pain is registered by feeling. One must not deny the pain nor forsake the section of the body that bears it. Help must be afforded as quickly as possible. On the other hand the consciousness must exercise self control and not exaggerate the extent of the trouble and depress and incapacitate the billions of industrious mental organs in other parts of the system. The entire body should not be upset because one part of it is ailing.

THE SENSE OF TASTE.

Combining solid and liquid substances with saliva causes a flavor which enables man to distinguish different kinds of food when brought into contact with his sense of taste.

The more the food is mashed up through the process of mastication when in the mouth the more pronounced becomes the flavor because the more essence of the substances eaten reaches the mental organisms of taste.

The Great Experimentor very wisely gives to taste a pleasant sensation when the right quality and quantity of food is eaten and an unpleasant sensation when the wrong quality or quantity is eaten.

If eating did not afford pleasure man would no doubt starve to death. But because of this pleasure man is more likely to eat too much than too little food and for that reason he strains his digestive

organs which throws other organs of his system out of order as well.

The sense of taste is located in the mouth and particularly in the end and upper side of the tongue and the roof of the mouth.

The color of a healthy tongue is reddish with a slight dull white surface to the upper side of it. When the tongue contains a pronounced whitish, reddish or yellowish coating one is not in best physical condition.

The tongue is composed largely of muscles which allow it to be moved freely in different directions. It is covered with papillae, some of which are connected with the sense of taste and are known as taste buds. The tongue also contains numerous blood vessels and mental organisms and also glands which secrete a liquid substance to keep it moist.

While taste distinguishes many different flavors they can as a whole be classified under four heads—sweet, sour, salt and bitter.

THE SENSE OF SMELL.

Odor is a gaseous substance thrown out of a body containing mixed substances and is the essence of compound decomposition. Different animal and vegetable matter are particularly distinguishable by the odors they throw off.

Odors are extremely subtle and have extraordinary penetrating and adhesive qualities. There are as many different kinds of odors as there are combinations of substances.

The sense of smell sends to the consciousness the nature of the different odors and is an aid to man in his selection of the food he eats. This sense is not as keen in present man as it was in his savage progenitors, or wild animals who found it necessary to rely upon the sense of smell to give the direction of both their prey and enemies of attack.

Any organ will lose its power through disuse but there are dogs in this world today with such keenness of smell that they can follow the footsteps of man from the odor his body leaves behind.

The different odors passing through the nostrils leading to two large cavities above the mouth and extending backward to the throat come into contact with the olfactory organs, the mental organisms of which send the impressions to the brain in pressure waves through mental currents.

The sense of taste and smell are very closely related and a continuous drawing into the olfactory organs of thick heavy odors sometimes leads one to the belief that the odor is tasted.

While there are countless grades of odors there are but two main qualities; (1) an odor emanating from a growing and healthy body which throws off a pleasing and health-giving fragrance, and (2) an odor coming from an unhealthy or dead body which throws off a sickening and health destroying substance.

The sense of smell becomes best acquainted with and satisfied with such odors as it is mostly accustomed to; a sewer rat no doubt is better satisfied

with sewer odors than it would be with the most delicate fragrance from flowers.

THE SENSE OF SIGHT.

The eye is in shape like a ball and is about one inch in diameter. There are two of these eyeballs and they are fitted into sockets located in the front part of the skull which protects them from blows. Only the front portion of the eyeball is exposed and that can be covered by two folds of skin known as the eyelids, passing over it one from above and one from below.

When closed the eyelids keep the eye clean and moist as well as protecting it. They are continually being closed during wakeful hours and the quick movement of their lashes help to keep away from the eye dust and other particles.

The eye is continually being washed by tears which come from a small lachrymal gland located one above each eye on the side away from the nose. The tears clean the eye by flowing down over it to the inner edge where they enter the lachrymal duct leading to the cavity inside of the nose and finally pass to the throat and are swallowed. Crying causes tears to come so fast that they cannot pass through the lachrymal duct and they overflow and run down the cheeks.

The eyeball is able to move in several directions by the contraction and expansion movement of six muscles which are attached to it from all sides.

Although differing somewhat in detail the eye of man is constructed and operated along similar lines to the camera. It contains a dark chamber and a lens and also a sensitive surface in the rear.

The interior of the eyeball is the dark chamber which lets in the light from the front side only and at the point where the light is let in there is a lens and at the rear of the eyeball is a sensitive surface known as the retina.

Between the retina and the front of the eye the space is filled with a transparent liquid through which light penetrates after entering the small opening in the front known as the pupil. The transparent lens located inside of the pupil is so arranged that the direction of the rays of light are changed so that they come together at the rear of the eye, thereby producing an image upon the retina of objects from which light is reflected.

The retina contains innumerable microscopic mental organisms which instantly send to the brain through the mental fibers a picture of these objects.

For millions of years the eye of man has been used for sending to his consciousness the shape of external objects reflected by the substance known as light and he has developed those sight organs to such a degree that they answer very well for all ordinary uses. During the greatest part of these millions of years man has developed his eyes by daylight and thereby accustomed them to that kind of light.

From this then it must be understood that objects reflected through poor daylight distribution or arti-

ficial light has a tendency to cause an imperfect image of the objects reflected and thereby strain and weaken the eyes in accordance with the difference in the qualities of light utilized.

Therefor man to preserve his eyes should not exercise them with intricate performances such as reading or combining small objects unless done under the very best daylight conditions.

One without good eyesight is a cripple just as much as if his legs or arms cannot move properly. It is better not to read or work at all than to lose the eyesight. To constantly strain the eyes causes a gradual loss of power to see.

The eyes need plenty of exercise to develop them just the same as all other organs, but the exercise should be taken under normal conditions. This means good daylight and between well regulated periods of rest.

Light is a substance of great penetrating speed when compared with the movement of such substances as air and water. Various forms of density attract and reflect light such as solids and liquids and air and vapors.

Light shed upon formations reflects the different colors of which the substances are composed and the best developed eye is that which is capable of distinguishing the largest number of colors.

Colors exist everywhere in the universe and are of infinite varieties. All substances are made up of many colors.

Light, heat, electricity, ether, sound, mentality, air and water all contain their own combination of colors.

The naked eye of man has only been developed to see colors in substances of certain density. He can discern colors in solids and liquids, but in substances of lesser density, such as air, heat, ether, sound or mentality, he cannot visualize.

Man was originally created in the light of the Sun and his sense of sight was developed in daylight to see through air, heat, ether, sound or mentality, but not to see them; nor to see through solids composed of certain materials.

THE SENSE OF HEARING.

Nature did not give primitive man eyes that could see in all directions at once or that could detect approaching dangers in darkness but it gave him hearing organs capable of distinguishing sound in either light or darkness and coming from any direction.

According to LAWSONOMY the contact of two or more substances throw off a subtle substance called sound which has great penetrating qualities. Sound does not have the penetrating speed of light but it moves faster than air. Sound will penetrate such substances as light, heat, gases and air and to some extent solid matter.

The ear which is the organ of hearing, is the best protected of any of the sense organs. It is situated in the middle of the hardest bone in the body—the stony bone which is located wholly within the head.

A curved passage to the ear starts from the two projections on the outside of the head which are constructed of skin and cartilage and which deflect sound into this passage. A little wax keeps the walls of the opening moist and flexible. A tough and elastic membrane known as the tympanic membrane is stretched across and closes the opening. Deafness will result from breaking this membrane.

The tympanic membrane surrounds the tympanic cavity or ear drum which is filled with air coming from the eustachian tube leading to the throat. This tube opens with every swallow and keeps the air of the inside of the drum at an equal pressure with that coming through the passage from the outside of the head. Throat or nose troubles sometimes affect the air pressure on the inside of the drum to such an extent by closing the tube that hearing becomes impossible.

Stretched across the inside of the eardrum are three small bones named malleus, incus and stapes. They are connected with each other and malleus is connected to the outer membrane and stapes is connected to the inner membrane forming direct communication between the outside and inside passages to the ear where innumerable mental organisms are connected with mental fibers leading to the brain.

Sound, which is caused by pressure is drawn into the ear by suction and first passes through the outer opening to the ear where in a rapid current of waves it presses against the tympanic membrane causing the three bones within the ear drum to shake, the pressure of which is felt by the mental organisms

on the other side of the ear drum and sent in the shape of mental waves with the currents that pass through the mental fibers to the inner ear and brain.

And because of this subtle substance thrown off of other substances by contact or while passing each other the consciousness of man is able to distinguish through the medium of the sense of hearing the nature of moving substances within certain limits.

The passing of one substance in contact with another substance no matter how subtle their nature causes friction with a consequent loss to both substances which creates new substances of varying density, one of which is sound. Thus water coming into contact with rock, air passing the branches of trees or the breath blown out of the mouth or thrown directly into contact with the vocal organs all act upon the same principle as steam passing through a factory whistle, or a rattling street car passing over steel rails.

While to primitive man sound was simply a warning of approaching danger, little by little he harnessed it up for other purposes until he was finally able to make known his desires and ideas through a series of grunts and squeaks of various intonations and thus what is known as language was established.

Singing and music followed with increasing scope and refinement of his early grunts and squeaks until the harmonizing effect of varying sounds became a source of pleasure to his sense of hearing.

Man still further harnessed sound for useful purposes through the medium of such instruments as

the telegraph, telephone, phonograph and radio and there are still a number of wonderful uses this subtle substance can be put to as soon as man understands it better and gets a clear idea of its extraordinary potentialities.

Man's sense of hearing is regulated and developed within the scope of his own proportions and consciousness so that sound thrown off of colliding substances in space beyond the atmosphere can no more be heard by him than can be the sound made by the collision of two microscopic particles.

CHAPTER XV.

TEETH.

Two jawbones give a circular form to the mouth. In the sockets of these jawbones are set the teeth of man and they are fastened thereto by roots and gums.

Each tooth consists of a crown, a neck and a root. A small blood vessel and a mental fiber passes through the root.

The crown of a tooth is covered with enamel, which if cracked or decayed causes inefficiency and exposure of the mental organisms to the air.

The pressure of air, liquid or solid substances upon these mental organisms causes wave impressions to be sent by the currents of mentality through the mental fibers to the mind which feels the pain.

The milk teeth—twenty in number—grow in a child between the ages of six months and six years and are then forced out by the growth of the permanent teeth—thirty-two in number.

Each jawbone contains four incisors, two canines, four bicuspids and six molars, which come together with a cutting and grinding movement.

The sharp edges of the front incisors are used for the cutting process and the broad surfaces of the double teeth further back are used for mashing the foods.

Teeth are injured by such practices as cracking nuts with them, or by picking them with metal implements or by contact with hot or cold substances.

Teeth will decay through lack of exercise, improper nourishment, or uncleanliness by the lodgment and decay of foods in the crevices between them.

According to LAWSONOMY the teeth must be of greater density than the matter they are to penetrate and masticate. Therefore the substances of which they are composed are largely of a mineral nature. They contain such elements as calcium, phosphorous and fluorine.

These mineral substances are furnished the teeth by the blood and are drawn into the teeth by the power of suction in proportion to the action created and maintained by the jaws.

If the blood is not furnished with these minerals then there is no way for the teeth to absorb them. The only way the blood can get these minerals is by drawing them by suction from food after it has been digested.

Therefore the foods man puts into his stomach must first contain those minerals before the blood can absorb them and transport them to the teeth in the quantities needed in the building up and maintenance process. The best foods for the teeth are nuts, whole grains, green vegetables, fruits, eggs and milk eaten in their natural state.

Such foods contain all of the sugar necessary for the human system and sugar taken into the body in any other way tends to weaken and destroy the teeth.

Especially is this so with refined white sugar that has been robbed of its supply of calcium and other mineral salts through the process of refinement.

The carbon atom of cane sugar having been separated from the calcium atom during the refining process will unite with it again whenever possible and when passing through the blood currents it will draw its lost affinity to it, form a combination known as calcium-sucrate, and pass out of the body as waste matter, and at the expense of the teeth and bones which it robs.

So it is essential to bar all refined sugar and candies from the diet if good teeth are to be built up and sustained throughout life.

Besides the right kind of nourishment good teeth are made and kept by exercising them. Nothing can preserve teeth if they are not properly exercised.

The necessity of preparing foods for the stomach by mastication is the cause for having teeth and if foods that require chewing are omitted from man's diet for a certain length of time all of his teeth will fall out irrespective of any care or attention. Keeping them clean helps to retain good teeth but if not given exercise there would soon be no teeth left to clean.

The teeth of man are gradually becoming weaker owing to his foods being of a softer variety than formerly which requires less effort to chew. His early forbear had powerful jaws and knew nothing of Pyorrhea or Dentistry because he gave them plenty of exercise in gnawing the bones of his adversaries and chewing the toughest vegetation.

In preparing food stuffs for modern man the adulterators not only destroy the most nutritious parts but they take away most of the solidity of the food as well, thus softening and making it easy to chew. While a few soft foods may be eaten occasionally without bad effects still the real life of teeth and digestion depend upon plenty of hard food, thoroughly ground to liquid pulp. At least a half hour each day should be spent masticating tough and strength giving foods.

Extreme care, however, must be taken when chewing hard foods that the teeth are not broken during the operation. Plenty of time must be taken and the jaws worked slowly with precision and the food allowed to absorb enough saliva, to help soften it during mastication.

When teeth are weak or loose it may require many years of careful exercise before they can develop strength and rigidity and one must begin the exercising process very lightly and gradually increasing the violence of movement as the teeth gradually gain the strength to permit it.

Sudden or violent exercise of the body or limbs cause strains and aches of the muscles that move them, and likewise hard chewing suddenly forced upon teeth not used to it will have injurious effects. Therefore, weak teeth must be developed or re-developed with mild exercise to begin with and the straining movements increased gradually until the teeth grow stronger.

The life of teeth depend upon the kind of exercise, nourishment and care given them as long as one lives.

A bone of the leg may be broken and the two parts reset and grown together again through proper adjustment, but a broken tooth will not knit together, for teeth, when full grown, are unable to repair themselves. That means that when a tooth is cracked or decayed artificial mending becomes necessary, in which case one must consult a specialist on teeth.

Many teeth partially decayed can be artificially repaired by a dentist and then through proper exercise and nourishment can be used indefinitely for chewing purposes.

It is well to consult a first-class dentist once each year so that small cavities may be discovered at the outset and be repaired before they become larger and cause more trouble and also for a general clean-up of the teeth.

It is just as necessary to keep the teeth clean as it is to keep other parts of the body clean, so they must be carefully brushed with warm water after each meal, before bedtime and upon arising every morning. The mouth must be thoroughly rinsed and the water drawn back and forth between the teeth until every particle of food matter is washed away.

Extreme care must be taken in the selection of a specialist for repair work because an incompetent one might permanently injure the jaw or mental system through infection or otherwise. All men were not born for that sort of work and many drift into the profession as a means to a livelihood and not because they are fitted for it.

Natural ability for dentistry, knowledge of the most modern methods of application, practical experience, honest intentions, cleanliness and concentration upon the work undertaken, are the main requirements for a successful dentist.

Dentists should be very careful about advising the pulling out of aching or loose fitting teeth because many such teeth can be saved and strengthened by gradual exercise which will give new life to the gums surrounding and holding them in position.

It is learned from text books that no more than two sets of teeth can be grown during the life of a human being. This is an erroneous lesson to be guided by. I believe that any healthy man or woman can grow a third set if necessity demands, through the proper exercise of the jaws, with the right kind of nourishment, the mental desire, patience, and the will power to grow them.

The hard substance of which the enamel of teeth is composed, however, makes necessary a longer period for growth than does ordinary bone, so from fifteen to thirty years of patient effort is required to build a third set of teeth after the second one is gone.

Teeth not properly exercised, nourished and cared for may, through decay, lead to all sorts of ailments in other organs of the body.

Care must be taken not to over-exercise the teeth as well as to exercise them. It will be found that about two hours of natural food chewing each day will be sufficient for strengthening the teeth and helping to keep the digestive organs in such shape that a normal healthy body will result.

CHAPTER XVI.

FORMATION AND NOURISHMENT.

Man is formed and operated according to the same underlying principle as every other formation in the universe and is subject to the Law of Penetrability.

Like everything else he is both a penetrating and a penetrable formation. For example, he can penetrate or pass through vapor, air, water, etc., and such substances as metal, wood or heat can penetrate him.

He is a combination of particles brought together and held intact by Suction and when this cohesive force loses its initiative qualities the opposing force of Pressure predominates and with a contracting movement, disunites and scatters these particles elsewhere.

The Lawsonpoise in man is reached when Suction and Pressure are equalized and the body is able to build itself up as fast as it can be torn down, or it is in a state of equi-disposition of composition and decomposition.

I claim that man can, at any stage after arriving at maturity, so regulate himself that he can continue to live in that state of activity and appearance indefinitely and in some cases he may increase his

vitality to such a degree that his activity will become greater and he will appear younger in age.

A perfect synchronizing of all organs causes a perfect internal suction that is able to withstand the continuous and destroying force of external pressure.

It is the working of all bodily organs and muscles in unison more than the strengthening of a few particular organs or muscles that develop health and long life in man.

The brain, stomach, heart, muscles, glands, skin, kidneys, liver, teeth and senses, must all be exercised and given the proper nourishment and rest in order to balance the system; muscles, capillaries and mental organisms all depend upon each other for action and if one is out of order the usefulness of the others are impaired.

Some of the worst offenses against health and a well balanced man are:

(1) Improper quality of food; (2) improper quantity of food; (3) improper mixture of foods; (4) insufficient mastication; (5) lack of exercise; (6) lack of rest; (7) tardy evacuation; (8) lack of oxygen; (9) lack of cleanliness; (10) lack of constructive thought; (11) lack of sunlight; (12) lack of morality; (13) lack of ambition; (14) worry.

The three great factors which man must regulate and adjust to harmonize proportionately in order to synchronize action of his various muscles and organs are: Exercise, nourishment, rest. They are each and all dependent upon one another and man's neglect of any of them causes decay and death.

Man's growth begins with exercise—builds up with nourishment—and recuperates with rest.

NOURISHMENT.

Nourishment is an inexhaustible subject, and it is not the purpose of this work to go into its details, but more to give an outline of it so that the student may get a substantial grasp of the principles upon which he lives, moves and dies, and can take up later the study of the details if desired.

The basic principle of formation is to draw into itself external substances for growing purposes, and this is accomplished by a Suction movement which attracts these substances toward the center and then regulates, combines and distributes them internally as are most suitable for expansion and operation of the body.

If Penetrability caused but one force for movement—Suction—then the expansion of a body would continue without limits; but Penetrability causes two opposing forces—Suction, which attracts toward a center, and Pressure, which throws off from a center. Suction draws into the body and Pressure squeezes out of the body. Suction has an expanding movement and Pressure has a contracting movement.

Now this principle does not only work as far as the body of man is concerned but it works throughout the entire universe and will be found working the same in the solar system or greater formations

in space or in the organs, blood corpuscles, or bacteria in man.

Suction is caused by vacancy, caused by displacement, caused by Penetrability, caused by difference in density which makes up the universe.

The nature of the substances drawn into vacancy by Suction in the beginning are such as are prevalent at that particular point at the time of birth of the formation.

Thus will be found here on earth certain substances of which man is composed and upon which he has been nursed and developed from the beginning.

The substances of which man is composed and from which he has been nurtured and developed are the substances which he must continue to absorb into his body, if he would live and grow. Any sudden or radical change would cause impairment and death.

Nourishment, then, simply means that man absorbs through the power of Suction those substances of which he is composed for growth and replacement and for power to give movement to his muscular system.

All power in man or any other formation in the universe, great or small, is based upon the Law of Penetrability and all movement is caused by currents of varying density, either pulled by Suction or pushed by Pressure along the lines of the least resistance.

The earliest forbear of man was formed millions of years ago by a combination of air, water, heat,

salt and sunlight, and therefore, those five essentials are the foundation of what man is today.

During those millions of years other elements were gradually brought into his system which increased his development, but without air, water, heat, salt or sunlight men could not live at all.

And those basic essentials which nature furnishes abundantly, man must draw into himself generously if he would reach his highest efficiency. They are the fundamentals of nourishment upon which his life depends.

The early forebear of man was gradually developed by changing conditions and variety of nourishment until the complexity of his body increased his needs and made necessary the absorption of many substances for his growth and power to move.

And during the course of this development man acquired the habit of subsisting upon plant life as well as upon the bodies of animals, fish, birds and insects. Thus he acquired an appetite for various food that contained such substances as albumen, myosin, gluten, casein, sugar, starch and fats and millions of years of subsistence upon these substances not only aided to a large extent in building up his present form, but also have become a necessary part of his nourishment without which he could not live and grow or move about.

Until quite recently man subsisted upon food containing these substances in their natural or complete state and his system was adjusted to this kind of nourishment.

Lately, however, and to some considerable extent he has been endeavoring to secure nourishment from foods that have been refined and adulterated to such a degree that they have been shorn of the basic qualities upon which his system was built and nourished for millions of years.

While man has been developing himself in mental capacity and the ability to acquire and store up great economic wealth he has been allowing his muscular system to gradually wither up and decay.

Man has been denying himself those fundamentals upon which the human race was built. The elements of self-building and preservation upon which man originally nourished himself have been to some extent superseded through a weakening desire for pleasure, and he now eats and drinks to tickle his taste more than he does for strengthening his body.

His sense of taste has been over cultivated and he draws into his system substances that are a detriment to his health and growth and which damage and deteriorate his vital organs in a way that causes their impairment and lack of functioning qualities which causes loss of Lawsonpoise and a consequent decrease in the power of Suction and composition and an increase in the power of Pressure and decomposition.

Man has been gradually cutting off his supply of air, sunlight, water and nutritious foods and substituting for them artificial and injurious light, poisoned air, and highly flavored and deadening beverages and foodstuffs.

Artificial and insufficient light ruins his sense of sight and lack of sunlight and pure air causes decomposition of the lungs. Flavored beverages incapacitate the liver and kidneys and adulterated foods cause impure blood. Soft or concentrated foods, that require no chewing, weaken the teeth, glands and digestive organs. Inhalation of gaseous fumes poison the lungs and weaken the action of the heart.

Weakening and putting out of order any or all of these organs creates a condition of the body that lacks the initiative to draw into itself the great life giving qualities that repair, build up, expand and counteract the effects of external pressure and influences which contract and cause decomposition and death.

To continue to grow and obtain the inclination and power to live indefinitely, man must begin with nourishment and only draw into his body such substances as are needed for growth, repair work and power for movement. He must eat and drink and inhale to live 200 or more years, instead of living to eat and drink and inhale for a period of 100 or less years.

If one eats and drinks to live, instead of living to eat and drink he will not only select natural substances for their quality but will find that the right quality of food or drink will not tempt or permit him to overload his body with too great a quantity.

It is the artificially flavored foods, or those foods prepared principally to excite the taste that cause most people to eat a larger supply than the system requires or that can be digested and assimilated.

Such foods as a rule not only do not afford nourishment for the body but put a strain upon the different organs trying to get rid of the surplus matter. In fact it is not gotten rid of altogether but the body is forced to retain and carry around forever afterward superfluous weight in the shape of injurious fat as a penalty for it.

It makes a man, for instance, who naturally should weigh 150 pounds press the scales to 250 pounds and as a punishment for lack of will power to restrain his appetite nature makes such a man carry around with him everywhere he goes 100 extra pounds of weight. This extra weight, of course, is scattered all over his body. But the principle is the same as if a 150-pound man was forced to carry around everywhere, a large knapsack containing 100 pounds of useless matter.

There are also many other penalties nature puts upon those who only live to eat and drink and enjoy themselves as well as superfluous weight and early death, and those penalties are a constant drag and torture during one's existence through various bodily ailments, such as diseases of various kinds and a general incapacity to enjoy thoroughly the splendid feeling that only a well balanced body can appreciate that has attained maturity and reason and is enabled to keep the Power of Suction equal to the Power of Pressure.

Proper nourishment is an essential in man's life and the principle of self-preservation must be uppermost in the mind when eating or drinking and not the motive for gratifying a false taste.

The greatest strength comes from the greatest effort and it takes will power as well as jaw power to eat the foods most suitable for a healthy body, especially when the least suitable foods are flavored and made easy to swallow.

The manufacturers make foodstuffs to sell at a profit and it is principal, not principle, that causes the preparation of most foods for the public. Therefore, the aim is to make eating easy and tasteful at the expense of health. So the public, moving along the lines of the least resistance, acquires the habit of eating soft and adulterated foods and then support a large portion of the population as doctors and dentists to repair the damages.

If you want to have a strong body you must make a strong effort for it, and begin that effort from the moment the food enters the mouth. Hard foods, then, are the only foods that will cause effort for mastication and they must be eaten to exercise and strengthen the teeth and the muscles holding the teeth together in the jawbones.

That is the very beginning of health and longevity because it is the first step toward assimilation, and unless the first step is taken right, those to follow will be wobbly and inaccurate, and the movements of the other organs of the body will be unable to synchronize correctly, and an equidisposition of composition and decomposition will be impossible.

There has been much talk lately about grafting the glands of goats and monkeys into the body of man to replace his own which he has abused or failed to utilize and which will not function right. But in

such cases the replaced glands also become useless in a short time if the body is not properly exercised, nourished and rested.

If man will exercise his teeth and salivary glands by chewing hard, dry nutritious foods and not swallow the foods until made liquid by the mixture with saliva, and if he will drink nothing while eating in order to give the digestive juices from other glands a chance to penetrate the food while it is in the stomach and if he will not abuse himself otherwise, he will never be forced into the ludicrous position of having to decide whether he prefers to be made of a monkey or a goat by the grafting process.

Although water is the basis of saliva and other juices which mix with the food, still it, or any other liquid should not be drunk until the food eaten has already passed through the stomach.

Plain water or milk or a mixture of both warmed to a temperature of the blood is the only liquid that man should drink. Pure water should be drunk plentifully between meals and just before retiring at night and upon arising in the morning. Under no consideration should very hot or very cold liquids be drunk at any time.

Food can be taken into the stomach advantageously three times a day, but time must be allowed for the full force of the blood to exert itself upon the digestive organs immediately after each meal. For that reason it is well to eat a light breakfast in the morning; a light lunch during the middle of the day, and the largest meal after the day's work is over and plenty of time can be taken for rest.

It is better to eat too little than too much food for a meal, that causes the appetite to be keen and responsive at all times and does not strain the digestive organs.

Although man is accustomed to eat the flesh of animals there is no good reason why he should continue this savage practice because all of the substances found in the meat are found in vegetables, grains, fruits and nuts. In fact, those substances he absorbs from meat for life giving qualities are at best second hand matter, as the animal he kills and devours had to first get them from plant life. In fact, it is far better for man to obtain his nourishment first hand from plants than it is to get it after it has passed through the existence of animal life and contains all of the diseases that animals are infected with and which are given to man through the process of assimilation.

It will be found throughout the animal kingdom that those species excel that subsist upon plants instead of animal matter. For instance, the elephant for long life, bulk and strength; the horse for strength and intelligence; the deer for speed; and the bull for courage; while dogs that are trained without meat invariably have the most intelligence providing they are fed hard, dry and nutritious food compositions.

The right nourishment, then, for a body with combined strength, activity, courage, intelligence and longevity are nutritious vegetables, fruits, nuts and grains, and a generous supply of pure water, air and sunshine.

*When man began to refine his food, nature
began to send toothaches and dentists.*

CHAPTER XVII.

EXERCISE.

Penetrability causes movement without which there could be no life.

Man is an organized mass of movable substances which obtains stability through proportionate activity.

Action creates life and health in man and in order to retain it the body requires continual exercise as well as nourishment. In fact, nourishment would be useless without action to distribute and utilize it to the best advantage throughout the entire system.

The bones and muscles of the body are developed by exercise. The mind and senses of man are also developed by exercise.

If the arm of a baby at birth would be tied to its body and never allowed to move, it would not grow at all. Or if a well developed arm of the strongest athlete would be tied to his body and remain in that position for some time without exercise, it would wither up and become useless.

If the mind of a child was not allowed to exercise itself by thinking along constructive lines, it would in time become an idiot. And if the best developed mind of man was kept from thinking along constructive lines for a while his power to think would

pass away and he would become childish in thoughts and actions.

Inactivity of body or mind causes decay and death.

Or inactivity of any particular organ or function of the body or mind causes decay and death to that particular part which throws the entire system out of balance and starts the body or mind towards collapse.

So it must be understood that exercise makes strength and that both body and mind with their different organs and functions must be exercised proportionately to have Lawsonpoise, health and long life.

The man who gives all of his attention to exercise of the muscles and allows the brain to rot for the want of it, becomes a mental weakling and the man who over exercises the brain and allows the body to rot for want of it, becomes a physical weakling.

The man whose work develops the muscles should take recreation in constructive mental exercises, and the man whose work develops the mind should take recreation in constructive physical exercises.

One must alternate physical and mental exercises as often as possible in work and recreation. The oftener the change from physical to mental exercise the better it is for the general efficiency of the whole system.

Sudden and unexpected movement causes strains and shocks which weaken or destroy important parts of the machinery either physical or mental. So movement of a violent nature should be gradually introduced to the system.

Exercise should only be indulged in which can be kept up through the entire life, but if it should be increased or decreased in violence then it should be accomplished gradually. Muscles, organs or mind begin to decay after being developed to the highest grade of efficiency and then allowed to retrograde for want of the same exercise that helped to build them up.

Unless great strength is to be used permanently it is best not to develop it at all, for as decomposition sets in to the parts already developed, but no longer used, or exercised, it also weakens other parts as well as the neglected ones.

Some of the very strongest athletes die early in years because they strain their muscles up to a very high grade of efficiency and then do not keep them there by the same vigorous exercise. This causes sudden contraction and decomposition and early death.

Great strength does not result in long life nor fine health. A 35 H. P. motor with proper care will outlive a 100 H. P. motor not properly cared for. Sudden putting on and taking away full power will quickly depreciate either motor or man.

A 35 H. P. motor, however, will not furnish as much power as a 100 H. P. motor, neither will weak muscles furnish as much strength as strong ones.

If muscles are weak they cannot be strengthened by sudden or violent exercises that cause strains. They must be strengthened by gradually increasing the force of the exercises until the nourishment necessary for their growth has been drawn to them and

properly assimilated, as well as to gradually develop to a higher grade of efficiency the numerous little power plants which furnish the power for their movement. This takes time.

A young person who has not yet reached maturity can resist the bad effects of shocks from sudden and violent exercise better than older persons, because growing muscles have more elasticity than full grown ones.

However, elasticity of movement can be brought back to older and stiffer bones and muscles to some extent if patience is taken to gradually increase the exercises for a number of years.

Almost any man who has not yet reached the edge of the grave can entirely remake himself during a period of ten years if patience, will power and effort are brought to bear upon his daily existence.

The desire to do a thing increases the ease of its performance and of course one must first acquire the ambition to do it.

Constant daily exercise is just as essential as gradual increase of exercise, but the habit once acquired will be almost as hard to discontinue as to get rid of deteriorating habits.

Although the only way to exercise the mind is by constructive thought, there are a number of ways in which the body can be exercised. The main factor in physical exercise is of course to move the body about, but the methods adopted for the purpose should be to bring into action the largest number of organs and muscles at the same time.

Exercises that require springing, bending and twisting of the body or pushing and pulling movements are essential for muscular development.

Everybody should indulge in plenty of walking because that is generally taken out of doors and if briskly performed it increases the circulation of the blood to such an extent that the lungs are forced to draw into the system increased quantities of oxygen from the air breathed.

Running, is far better exercise than walking as it brings into movement almost every muscle and organ of the body and forces through the lungs more rapidly a much greater supply of oxygen.

Anywhere from two to five miles walk every day must be taken by everyone that wants to preserve a sound body and good health and one-quarter of this distance should be interspersed by short sprints of running in order to secure the best results.

It is interesting to know how and why man is able to walk, run, or move about from place to place.

According to Lawsonomy, no substance can penetrate another substance of equal density; so, to begin with, man being of greater density than air, he is able to pass through it. But before man can move through air there must be some fundamental power that moves him. He must either be pushed along by pressure or pulled along by suction as those are the only two forces of Penetrability.

The power of suction which holds the earth together draws man as well as every other earthly thing toward its center. When man is properly balanced he is able to stand in an upright position, but

when losing his balance the upper part of his body being heaviest is drawn by the earth's suction toward the center of the earth. The crust of the earth being of greater density than the body of man, however, he cannot pass through it and therefore can get no further than lying flat upon it.

Therefore, the earth's suction can pull man towards its center through either air, gas, or water which is of lesser density than man, but not through the crust of the earth which is of greater density than man.

Now, when man is properly balanced he can stand in one position without moving in any direction. But if he should extend the upper part of the body forward beyond the line of balance, suction would draw the upper part of his body forward toward the center of the earth and if he did not resist the pull he would fall flat upon the ground.

But man can resist the pull of the earth's suction by internal pressure of his body and by pushing forward one foot and leg it acts as prop to hold up the weight of the body and then when the body continues to fall forward he can push the other foot and leg forward and continue to prop up the fall of the body. He can then repeat this movement many times and he will find himself moving along from place to place, pulled by the earth's suction and kept balanced and in action by the pressure of his body.

Walking is the result of Lawsonpoise which creates a balance between the internal muscular system

of Man, his mind, the suction of the earth and the Zig-Zag-And-Swirl movement of the universe.

Prominent scientists claim that no one has yet explained satisfactory how energy is formed. Of course, and further, no one will ever be able to explain it, because there is no such thing as a form of energy in the universe, and that which does not exist cannot be explained.

Scientists will never be able to explain the cause of movement at all until they understand Lawsonomy,—the Super Science of Life which explains Penetrability,—the cause of all movement.

It took millions of years for man to develop himself so that he could walk and run and this was only accomplished after long and patient efforts of predecessors who gradually developed feet and legs of sufficient size and strength for the purpose.

Now that man has feet and legs he should appreciate them and try and preserve them, through exercise in the same way that caused their growth. He should also retain his muscular machinery by exercising it daily.

A man recently lived without food for a period of seventy days and then died for want of nourishment. A man can live without exercise for a certain length of time, also, but he will die for want of it just as he will for want of nourishment.

A man is never too old to play. But the play does not have to be silly or childish. It should be constructive play.

It is not undignified for a 50-year-old man to play golf, tennis, baseball or cricket or to swim, box, row a boat or ride a horse.

Dancing, however, although an exercising play, is not only effeminate in its nature, but is more or less degrading as well, for it creates a certain form of licentiousness with too much freedom between the sexes that does not tend toward the fullest development of either mind or body.

CHAPTER XVIII.

REST.

It is just as important to know how to rest as it is to know how to eat and exercise right.

Exercise develops power which uses up fuel and wears away the machinery of man. Nourishment replaces the fuel and the materials for repairing the machinery. Time is needed by the inhabitants of the billions of tiny cells of man to rebuild the wornout parts and so man must relax a certain portion of his life to afford time for the building work to be done or the body would become so dilapidated from the wearing away of the machinery without repair that he would collapse altogether in a short time.

Plenty of rest, therefore, must be constantly taken to offset the exercise.

When exercise is taken a contraction movement is produced in which pressure uses up for power the available supply of vitality and then squeezes out of the body the waste matter, which then leaves a vacancy to be filled, and according to Lawsonomy this vacancy is filled by the Suction movement whereby food is drawn into the stomach and air into the lungs for the purpose.

Food and air thus drawn into the system must not only be given a chance to digest, and be stored up

for more power, but time must also be allowed for its distribution and reformation of the cells and tissues in all parts of the body.

In proportion to the quantity of vitality used up and forced out of man by pressure during activity so an equal quantity must be drawn back again by suction if he is to remain at a certain physical standard.

It is the resting period that allows time for drawing into the system new substances, storing them away and building up new manlife by suction. In fact, rest is necessary in order that the internal work of the body may be attended to, which could not be done if man used all of his time expending his vitality for either muscular or mental exercise.

Frequent periods of rest for both muscles and mind are more strengthening than the taking of long stretches of time for work and rest. The heart of man is able to work twenty-four hours a day because it takes a short rest between each beat.

The heart beats approximately seventy times a minute. With each beat it works three-tenths of a second and rests four-tenths of a second. Therefore, the heart takes more time for rest than it does for work. At that rate the heart rests approximately eleven hours each day and it is my belief that man requires the same quantity of time for rest each day that his heart consumes.

The resting periods of the entire body, of course, cannot be as often as the beating of the heart, but man will balance himself better and increase his effi-

ciency and length of life if he will shorten his periods of work and rest.

Man who works with brain or brawn must rest at least five minutes every hour he is awake to produce the best results.

Man who works his brain exclusively must take besides five minutes rest, five minutes of muscular exercise every hour he is awake.

Man who works his muscular system exclusively must take besides the five minutes rest, five minutes of constructive thinking every hour he is awake.

Eleven hours rest can be distributed to good advantage each day as follows: Eight hours during the night for sound sleep. (The best time for sleep is between 9 o'clock p. m. and 5 o'clock a. m.) One-half hour after breakfast, one-half hour after lunch, one hour after the larger evening meal, five minutes relaxation during each hour of the remaining wakeful hours.

If factory owners would divide up the day into more periods of work and rest their employees would not only be benefited by better health and longer life, but the employer would also be benefited by larger production results as well, owing to the often revitalized employees working with renewed and increased power and ambition between times.

The eight-hour working day could be divided up to advantage as follows: Work from 7:30 a. m. until 9:30 a. m. Rest or play from 9:30 a. m. to 10:00 a. m. Work from 10:00 a. m. until 12 o'clock noon. From 12 noon until 1 p. m. should be taken for lunch

and rest. Work from 1 p. m. to 3 p. m. Rest or play from 3 p. m. to 3:30 p. m. Work from 3:30 p. m. to 5:30 p. m.

The time will come when the economic life of man will no longer be his master and slave driver, and the distorter and destroyer of his body and mind. His work will be so regulated that he will not be shorn of all of his vitality before he has reached his greatest capacity. And after he has reached his greatest capacity for usefulness it will be found better to conserve his power for a long period by plenty of restful spells interspersed during work hours than by glutonously draining the last drop of his vitality for a short period and sending him to an early grave long before his greatest output is attainable.

All functions of man must harmonize or the machine will be thrown out of balance. The farther away from balance the less efficient man becomes. Upon the pivot of manlife there must be balanced the three cardinal principles—Exercise,—Nourishment,—Rest.

CHAPTER XIX.

DAILY HABITS.

Frequent repetition of an act constitutes a habit.

The general mental director located in the center of the brain first authorizes an act and then superintends its performance several times until the assistant mental directors of the system are taught to repeat the act periodically without conscious attention.

Walking, for instance, is a habit, superintended almost entirely by the assistant mental directors and is seldom given attention by the general director of consciousness unless it is in the shape of an order to the assistants to move the body as a whole to some specific point.

Once a habit is introduced into the system by the general mental director and the assistants have mastered the execution of it they will continue the movements at appointed times and places without always being commanded to do so by the general mental director, and the oftener the act is repeated and the more accustomed the system becomes to it, the more difficult is it for the general director of consciousness to change about and teach the assistant directors acts to replace it.

The deeper set into the system a habit becomes the more difficult it is to eradicate it and the less desire the general director of consciousness has to do so.

So firmly embedded into a routine of habits does the human system get sometimes, that the general director of consciousness loses all power of will to change them and consciousness then becomes a mere slave to preconceived and practiced mechanical movements of the body, supervised by subordinate mental directors without reason or judgment.

It is just as easy to introduce a bad habit into the system as it is to introduce a good habit. In fact, it is much easier if those with whom we associate are addicted to bad habits, for man imitates to a large degree the actions of those with whom he comes into contact the most frequently. He also, to some considerable extent shapes his actions in accordance with the suggestions of his contemporaries and allows the judgment of others to influence him.

Forming good habits is like climbing a steep hill toward the sunlight and good air—the climb is difficult but strengthening and it enables one to secure a greater perspective of life.

Forming bad habits is like sliding down hill in the direction of a quagmire—it requires little effort, is weakening in effect and affords but a circumscribed view of a gloomy existence. And the further one slides down hill the farther one has to climb to get back up again and the harder is the climb and the weaker the body that undertakes it.

As strength can only be gotten by effort, so one must begin reconstruction by effort and form daily habits that will strengthen and not weaken the mind and muscular system.

To improve the health and increase the efficiency and length of life a goal must be set far in advance to aim at and the director of consciousness must be backed by a will to overcome all obstacles and have sufficient power to enforce every beneficial order issued to the general staff that superintend the movements, habits and desires of the system.

I will outline herewith a daily course that can be followed advantageously by any man, woman or child. The quantity and quality of food eaten and exercises taken can be regulated and varied to suit the nature and requirements of the individual.

This course may seem difficult and hard to follow by those who have lived according to slipshod methods or are surrounded by old fashioned people who have no particular aim in life except to float down easy stream with a crowd of flounders, but as the will power develops and becomes master of the system the course will seem easier to pursue and the new habits will gradually gain ascendency until it will finally be a difficult task to change them.

A few years trial of the following course will prove that life is well worth living and that the superficialties of the average existence are but the froth of the real substance.

Awaken in the morning at 6 o'clock. Stretch and twist about in bed for a few minutes and then sit up for a minute or two until the heart has become accustomed to pumping the blood vertically instead of horizontally and also with gradually increased power.

Get out of bed, rinse the mouth and drink a glass of warm water. Then stretch and twist the body and move about the room leisurely in a naked state for a few minutes in order to allow the system time to gradually develop the power for increased activity. The muscles of the body must be slowly attuned toward vigorous exercise or they will not do their best work and sudden violence of action may incapacitate them permanently.

Then with easy movements take five or ten minutes naked exercise by bending, stretching, twisting, pulling and pushing the body in various contortions that bring into action numerous muscles throughout the entire system.

After the body is thoroughly warmed as an effect of the exercises take a cold water bath, either in a tub or preferably by shower. This cold bath must be taken quickly and one must not continue it until chilled or the good effect of it will be lost. A brisk rub with a hard towel should bring warmth and a healthly color to the skin of the body after the bath.

Following the bath and rub, ten or twenty minutes of brisk exercises can be taken while in a naked condition, increasing in violence in proportion to the ability to absorb it without strain.

A second glass of warm water should then be drunk.

If a male, ten minutes can be taken to shave. Every man should shave his own face for two good reasons: (1) He can shave in less time than he can reach the average barber shop, thus saving time as well as expense, and (2) it is a cleaner practice

in which the danger of catching skin and blood diseases from brushes, razors, towels and paper used upon the faces and heads of others, or even collected and exchanged by the hands of the barber, is eliminated. Especially is this so where the barber handles filthy money—either in making change or in accepting tips.

No powder should be put upon the face as that fills the pores of the skin with particles of matter, thus stopping the flow of oil from the minute wells which cause the skin to become dry and wrinkled.

After the shave it is beneficial to slowly eat a raw apple, pear, or other fruit in season, making sure that it has been thoroughly washed beforehand. In such a case the fruit must be bitten to pieces and chewed up and swallowed, skin, seeds and all. The biting of the fruit with the teeth will give them some much needed exercise as well as bringing into the system certain substances of which the skin and seeds are composed that would otherwise have been wasted.

After dressing one is then ready for breakfast, but a habit must be formed of eating a light meal in the morning so that the full force of the blood may be given to the muscles or brain as required for an efficient morning's work instead of being sent to the stomach to aid in the digestion of the food eaten.

In addition to the apple or other fruit that may have been eaten, a breakfast of two fresh eggs, boiled three or four minutes, and two or three slices of toast made of either bran, rye, or whole wheat

bread, is a sufficiently large meal for any one unless engaged in the heaviest kind of manual labor. In which case the rations can be increased somewhat. No coffee, tea or any other kind of drink can be taken for breakfast. All of the liquid necessary to saturate the food eaten must be furnished by the salivary and other glands.

The proper time for drinking is between meals or when thirst is strongly manifested by dryness of the mouth. Drinking should be generously indulged in when the stomach is empty, during which time several glasses of warm water will wash out the stomach and also furnish the liquid needed for secretions and excretions.

After breakfast one-half hour of relaxation for the body and mind is necessary so that a large quantity of blood can be used by the stomach for digestive purposes.

During this period the morning evacuation can be effected. In fact, it must be effected by this time if not before breakfast. This morning habit must be formed and never deviated from, not even for a day.

All or part of the distance between the home and office or shop must be walked in order that a large quantity of oxygen may be drawn into the lungs and blood to insure power behind the work of the day.

Frequent moments of relaxation during working hours will afford new zest and insure greater accuracy in the performance of the work undertaken.

An hour's time must be taken during the middle of the day for recuperation during which period a short walk, followed by a short run, should be taken

in the open air, a cold bath or a short swim will then have a most beneficial effect upon the system.

After the body has regained a normal state, a glass of milk can be slowly drunk and a handful of nuts chewed up into a pulp and swallowed for the noon meal. This meal can be varied each day, but it should be very light and nutritious. Too much nourishment during the middle of the day will cause power to go to the stomach instead of to work.

At 5:30 p. m. the day's work for the average person should be over and the mind and muscular system turned to other pursuits.

Another walk and short run in the open air should be taken and if convenient, a little outdoor game of some kind indulged in such as tennis, golf, cricket or baseball, with a cold bath or swim to follow.

During inclement weather indoor gymnastics can be taken. But whatever quantity of exercises have been begun must be continued to the end of one's life, otherwise contraction of forces and muscles sets in with disastrous results to the entire machinery of the system, causing shrinkage and decomposition and loss of power.

The best time for running or other violent exercises, or for great mental effort, is when the stomach is empty for the following reasons: (1) After food has been digested a large quantity of blood is released from that work for the rapid distribution of nourishment to any or all parts of the system that requires it, and, (2) the digested food is prepared, stored and waiting as fuel for the muscular system to draw to the parts of the body actively used and a

large part of which is changed into power through mixture with oxygen transported by the blood from the lungs through the movement of the muscles.

Therefore, one must never take violent exercise immediately after eating, neither should one eat immediately after exercising. The body must be given a rest both after eating and after exercising.

Between 6:30 and 7:30 p. m. is the best time to eat the large meal of the day because one can take plenty of time for relaxation afterward. A very important thing to remember is that at least one hour of rest must be taken after a large meal.

A large meal should not be eaten in less time than one hour, so if the evening meal is begun at 6:30 and finished at 7:30 one must lounge around until 8:30 before fulfilling social appointments unless the meal hour itself and the following hour are turned into a quiet little social affair in which unimportant matters are discussed in the meantime.

The evening meal should consist of vegetables, grains, nuts, fruits, and eggs. These should be eaten raw whenever possible although some vegetables and grains taste better cooked. Potatoes for instance should either be boiled or baked within their skins in order that a large part of their strength and flavor may be retained. The skins should be eaten with the potatoes. Grains should be cooked in their whole state and formed into hard combinations that require considerable chewing. Baked white beans are very nutritious. Asparagus, cauliflower, beets, cabbage and parsnip are more

tasteful when cooked, but green peas, spinach, turnips and carrots taste better uncooked.

A slice of raw onion is an exceptionally good food to introduce into the stomach every few days, and celery, lettuce and raw tomatoes all have their distinctive advantages as foods and should be eaten periodically. Almost every kind of fruit or nuts are nourishing and all sorts of delicious combinations can be formed for the evening meal. What can be more tasteful and nutritious than dates and walnuts mixed together in the mouth and chewed to a liquid state? Figs and nuts also mix well together with plenty of saliva.

One must form the habit of eating the evening meal without fluid of any kind except what comes from fruit while being chewed. No meat of any sort is necessary at any meal.

Between the evening meal and the time to retire, some outdoor exercise must be taken and that can be done by a walk and a short run about 9 o'clock. Riding about in a cramped position in automobiles for any length of time is a very bad practice and eventually it stunts the growth of the muscular system so that it becomes almost or entirely useless.

Before retiring one should take a warm bath in which a good quality of soap must be used for cleaning purposes.

The teeth must be cleaned and the mouth rinsed thoroughly with warm water. Also two or three glasses of warm water should be drunk before retiring for the night. Windows must be left open at

all times so that the sleeping room will be well ventilated.

The bed and clothing must be aired properly during the day and clean sheets used for the bed every night. Clean sheets for the bed daily is just as essential as clean underwear should be worn every day.

The most comfortable night's rest can be had if one sleeps between the sheets in a naked form, as nightgowns or pajamas usually tighten about the muscles, causing billions of minute mental organisms scattered all over the system to become irritated and thereby disturb the thoroughly peaceful rest the mind should have during the sleeping period.

Retire for the night not later than ten o'clock after dropping from the mind all worries and cares of past or future events or prospects.

CHAPTER XX.

CHARACTER.

Character is born in one but it is altered after birth by the different influences and experiences encountered.

At the time of birth the child is a composite embryo of its parents, but, owing to various influences afterward it acquires different traits and inclinations than those of the parents.

The trend of the character of the child can be firmly established by the parents before its birth through their own thoughts and actions and after birth by close association and guidance.

The child begins life with nothing but a physical formation and mental inclination derived from the parents, and it is essential that these elements should be the very best that good thoughts and conduct of the parents can make them.

The physical attributes and mental attitude of the parents during two years prior to the birth of a child is that which will largely influence it afterward.

If, within that period, the thoughts of the parents have been evil it is certain that the child will have evil tendencies, while on the other hand if during the two year period prior to birth the parents have had

pure thoughts and accomplished noble deeds, then it is certain that the child will be inspired in the same way.

Parents often wonder why their children do not "take after them." They always do, but they only take the physical and mental impressions of the parents within the immediate period of birth and that is why children from the same parents differ in their inclinations and characteristics.

At the different birth periods the parents usually have altogether different thoughts and inclinations. An elapse of a few years causes an entirely different combination of emotions to exist between them and according to the changed physical conditions, and social, economic, and artistic inclinations of the parents during the different periods the different children obtain their physical attributes, inclinations and traits of character.

The parents owe to the child they are about to bring into the world the observation of strict compliance to natural laws during two years prior to its birth, and every precaution should be taken to develop their bodies and minds toward a state of perfection. They should endeavor to establish the best conditions through exercise, nourishment and rest and by permitting only thoughts of the highest value to enter their minds.

Self sacrifice and the will to accomplish good deeds must be observed by the parents in order that such qualities will be inocculated into the seed and ambryo formation of the child.

Love and kindness shown by the parents to each other during the pre-birth period will have a good influence upon the unborn child and help to make it kind and considerate in after life both towards its parents and towards other living things as well.

Parents must treat each other in every day affairs with that respect and esteem that they would like their children to subsequently bestow upon them.

Any habit that tends to weaken one physically and mentally also tends to weaken one morally, for that which deadens the senses eliminates pride and will power and the desire for great principles.

It is essential then that parents must formulate good physical, mental and moral habits that the child may be born with a well balanced body and character.

Everything that happens is but an effect of a preceding cause and as we build so shall be the structure.

Natural laws are continuous and the offspring pays a penalty for the follies of the forbear. To have splendid children, parents must cause the good effect by their own preceding thoughts and actions.

Nature is inexorable. It gives nothing for nothing. It provides a rule of penalty and everything must pay. There is a scale of balance and you are exactly what you weigh. Natural weight is only recorded according to useful effort and self sacrificing development. If you overbalance the scales in one direction you are shorn in another.

You cannot cheat nature. You only receive what you work for. No work, no reward. One transgres-

sion, one penalty. One hundred transgressions, one hundred penalties. It is cause and effect, over and over again through one's life, through many generations, through all eternity. The farther you go away from it, the farther you must go back to strike the balance. The greater evils you have practiced the heavier the burdens you must carry. When you cheat you cheat yourself.

The face is the outward expression of what we think. Each thought either expands or contracts a muscle of the face and continual thinking along any particular line leaves a distinct mark upon the face which grows deeper and more prominent as time goes on.

One who has made a study of the subject can read in faces the trend of what the owners have been thinking about during their lives.

Expression is reflected to some extent from the faces of people with whom we associate. Two people living together and thinking alike and looking at each other a great deal during the course of several years will tend toward the same facial expression.

One may be able to deceive his neighbor, or one may be able to deceive himself but one will never be able to deceive his own face. Every thought, good or bad, serious or trivial, strong or weak, constructive or destructive, noble or ignoble, inspiring or idiotic, leaves its impression upon the face, and for those who can read that language the character of man is as plain as if a record of it was printed in bold, black type across his countenance.

The reason that character is expressed on the face is because the seat of the senses are located in the face and head and the utilization of the senses requires the movement of innumerable minute muscles of the face causing various contractions and developments, or by non use the lack of development.

Hunger, gluttony, selfishness, egotism, fear, anger, self-denial, kindness, are all manifested by muscular development and combinations of facial contortions caused by mixed desires of the senses.

The shape of the chin, the size of the nose, the curl of the lip, the gleam from the eye, the lobe of the ear, the set of the cheek and different lines of the face combine to show what the brain of any man and his forbear have been thinking about. No man can hide behind his own face.

If it was not for character whereby man will make every known sacrifice even to giving up life itself for the sake of a principle, man would be no better than the beasts of the field.

A good character, clear conscience, happy disposition, and high aims in life go far towards keeping one healthy, ambitious and young. Bad morals cause early decay of mind and muscular system.

Superior character is built by superior effort. Children must be taught early in life that character is the key to success and must be trained to give their best efforts in every undertaking, no matter how trivial it may be.

Thinking good thoughts develops mental functions for a good moral character; Thinking bad thoughts creates a mental appetite for a bad moral character.

As you think so you grow mental functions that crave more and more those conditions which you think about. Thoughts lead to acts and increasing desires that create habits that are difficult to eliminate. Habits then become the power that moulds the character and enslaves the will.

A trifling immoral thought started in the mind grows like a weed in the brain—at first a temptation and then a fixed habit—spreading forth disease it overpowers the conscience and finally controls the mind. As it grows it builds rotten machinery in the brain and little by little crowds out every symptom of good character that remains.

Association with immoral people is as dangerous for those with good morals as contact of healthy bodies is with people with smallpox, or venereal diseases. The germs of moral diseases are as penetrating and poisonous as are the germs of physical diseases.

A mind dependent upon immoral thoughts, vulgar stories, or obscene pictures for the pleasures of life reflects a brain whose intricate mental functions are intertwined with twisted roots of mental corruption.

Study your face in the mirror and you will see a true reflection of your character made up of every thought that ever passed through the mind of yourself and forbear.

The will to do right must become the master of man.

The idea of nature is to instill into man the power to stand and act upon his own resources. To do this

successfully he must be able to control his senses and develop a mind and body that will tend toward a state of perfection in appearance and usefulness.

A powerful mind that will attain its greatest results must be incased in a strong and healthy frame.

A powerful mind incarcerated in a weak frame is like power congested in a bubble; it does not remain long.

A powerful body without a strong mind cannot withstand temptations and soon wrecks itself through acquired weakening habits.

The use of drugs, strong beverages, tobaccos and candies or dancing, night parties, licentiousness, obscenity, brutality, cheating, foul language, gluttony and misrepresentation are all old-fashioned practices indulged in by the weakest of our forefathers and it is time we abolish them and adopt new habits that will strengthen our bodies and minds and develop the moral and spiritual nature within ourselves.

What does one gain by cheating and mistreating if forced to carry around forever after the hideous expression of it.

CHAPTER XXI.

SUPER SENSES.

Growth does not begin at its fullness but requires time for development.

Man, today, has five usable senses which have been developed by and are attuned to the atmospheric or chemical conditions which surround the earth. His sense of sight has been developed by sunlight; his sense of taste by liquids, his sense of smell by gases, his sense of hearing by sound, his sense of feeling by pressure of substances or temperature.

In the first stages of man's growth these five senses were all he needed for self preservation but as he grows beyond primitive needs and as his increasing consciousness inquires into the mysteries of the universe he discovers the necessity for more senses and greater power of understanding.

Even man's economic development which brings the different peoples of the world into closer relationship or the necessity of more efficient methods of production and distribution of necessities and luxuries show the need for more and greater senses to go beyond the course he has already traveled.

Man has a long way to go before he will be full grown. He knows nothing of the earth beneath its crust and very little about the atmosphere sur-

rounding it. He has not yet learned how to regulate the weather nor how to live high up in the air, nor has he even learned how to navigate the air. It astounds him when I say that he can eventually navigate the heavens.

Man has not yet learned how to harness or mix sunlight with other substances of greater density for power and lighting and heating purposes. He knows nothing about transprocession for the elimination of useless transportation.

Man knows nothing about the composition of mentality or how it is received and transmitted by the mental organs. It makes man dizzy to try and understand Zig-Zag-And-Swirl movement. He does not yet understand the Law Of Penetrability which causes all movement through difference in density, or why sound and mentality are substances.

The continual desire to acquire consciousness capable of understanding the rules of the universe will gradually produce in man more and greater senses than those he now uses.

For instance, it is possible to extend the mental faculties of man beyond the skin of his body and transmit his thoughts to other minds thousands of miles away with speed that seems instantaneous, owing to the extraordinary penetrating qualities of mentality.

Penetrability causes mentality to pass in currents through solids, fluids, gases, light, heat and other substances of greater or lesser density to organs capable of absorbing it, irrespective of distance.

When communication by mentality is understood and practiced it will be possible for Jones, seated in his office in New York, to not only see Smith in his office in London, Paris, Berlin, Rome, Stockholm or Tokio, but also to talk to him, hear his voice and even feel the heat or muscular force of his handshake. The consciousness of Jones being centered upon Smith will cause his mind to transmit his thoughts by pressure to Smith whose consciousness in turn being centered upon Jones will draw them into his own mind by suction and vice versa.

All exchanges of thoughts between Jones and Smith will be accomplished with such marvelous speed that it will appear instantaneous and as if their bodies were close together and in actual contact with each other. Jones will see Smith in Smith's office and Smith will see Jones in Jones' office while they are conversing.

This super-sense when developed in man will not only bring into his economic life newer and more rapid business methods but will also cause absolute honesty in all transactions as well as a very high state of morality to exist because it will be impossible for anyone to live under false pretenses, either in thoughts or action. Any human being will be able to know what his neighbor is thinking about which will tend to make the thoughts of man cleaner and more effective.

Until the whole human race thinks and acts collectively with a single purpose in view, similar to that shown by man's own mental faculties in moving his body through harmonious and collective

action the highest state of Manlife will not have been reached.

The study of Lawsonomy including Zig-Zag-And-Swirl movement will develop in man a new sense of dimensions and proportions that he has no conception of at the present time and will cause him to take an interest in great cosmic plans as well as the little affairs that takes up his time in his own atmosphere.

Continuous consciousness is another super-sense that man will develop as he increases his brain capacity and understanding of natural laws. It is possible for man to acquire the power to perpetuate himself.

CHAPTER XXII.

SUMMARY.

In summing up this work I make the following claims:

1—There is but one tangible thing in the universe
—Density.

2—There is no tangible form of motion or energy.
All movement is but an effect of Penetrability.
Vibration is merely an effect of pressure and is but
a minor factor in movement.

3—All movement is caused by (1) a difference in
density which causes one substance to penetrate
another substance and (2) when one substance pen-
etrates another substance, Suction with expanding
power and Pressure with contracting power is ef-
fected.

4—A balance is established throughout the uni-
verse between the expanding movement of Suction
and the contracting movement of Pressure which
I have called Lawsonpoise, that causes perpetual
movement.

5—Suction draws together and composes forma-
tions and Pressure squeezes apart and decomposes
formations.

6—Currents of varying density and proportions
are pulled by Suction and pushed by Pressure and

every movable thing within line of those currents are moved.

7—All bodies are composed of differing density but are formed and moved according to the Law of Penetrability.

8—Solids, liquids, air, gases, electricity, light, heat, ether, sound and mentality are all matter of greater or lesser density.

9—The particles of which molecules, atoms or electrons or other smaller things are composed are either drawn together by Suction or squeezed apart by Pressure.

10—The earth, sun, solar system and greater formations in space are formed and maintained by Suction and deformed and disintegrated by Pressure.

11—Just as there can be no limit to the largeness of space so there can be no limit to the smallness of space.

12—Eternity, without beginning or end, recognizes no such condition as Time which is but a form of comparative consciousness, recorded by the movement of different bodies or particles.

13—Suction is the female of movement and Pressure the male of movement and all bodies or particles throughout the universe are either male or female.

14—The attraction of bodies or particles to one another is but the attraction of Suction for Pressure in which an ultimate combination through union results.

15—The difference in sex is but the difference in movement, and sex is determined by Suction and Pressure.

16—Consciousness is the effect of organized substances and thinking is caused by Suction and Pressure.

17—Mentality is drawn into the brain by Suction and transmitted from the brain by Pressure.

18—Mentality is a substance of extraordinary penetrating qualities and is dependent for expression upon specially constructed machinery such as the mental system of man.

19—What physiologists call nerve cells, scattered all over the system, are in reality mental organisms with power of expression, singly and collectively, under the general direction of the mind.

20—Feeling is caused by Pressure against these mental organisms and impressions are carried to the mind by mental currents through the mental fibers.

21—Sound is a substance of subtle penetrating qualities caused by Pressure of various matter which becomes intelligible through specially constructed organs such as the ears of man, into which it is drawn by Suction. Sound is also pushed out of man through the vocal cords by Pressure. The length of waves in the sound current are determined by interruptions of Pressure and the pitch is determined by the size of the colliding materials.

22—Light is a substance drawn to the eye by Suction and closed out of it by Pressure.

23—Color exists everywhere in infinite varieties and all substances contain different particles of color which are moved and combined by Suction and Pressure.

24—Food is drawn into the body of man by Suction and waste matter squeezed out of his body by Pressure.

25—Oxygen is drawn into the lungs and blood by Suction and the waste carbon dioxide is squeezed out through the lungs by Pressure.

26—The blood is first drawn to the heart from all parts of the body by Suction and then pushed back to all parts of the body by Pressure.

27—Every bone, muscle, mental fiber, tissue or cell of the body is built up by Suction and torn down by Pressure.

28—Odors are accepted through the sense of smell by Suction and rejected by Pressure.

29—It is possible for man, by the application of the principles of Penetrability, to regulate his movements and establish a balance between Suction and Pressure and thereby allow growth to continue within certain degrees of efficiency for an indefinite period.

30—It is within the power of man to wholly rebuild himself within a period of ten years and produce a body and character in which there will be nothing left of his former self except memory and the will to conquer. Every organ, every muscle, every mental fiber, every mental organism and even the facial expression can be rebuilt and improved gradually by the correct adjustment of substances

drawn into the body with the movements of the muscular system thus striking balance between Suction and Pressure and getting into harmony with Lawsonpoise.

31—There are no set limits to man's age or efficiency except that which is caused by his customs and habits. The will to perform make execution easy and one must first arouse the will to succeed before signs of success will appear. Bone and muscle and mind that have been allowed to decay for many years for lack of exercise cannot be remade in a day nor a year, but according to the mistreatment received the better treatment they must receive and the longer period it will take to reconstruct them.

32—It is the finish of a race that counts and man should endeavor to increase the length of life so that sufficient time will be afforded to bring out the very best service there is in him before the finish.

33—One is never too young or never too old to begin to increase efficiency and length of life.

THE END.

He who improves his inherited weakness is stronger than he who boasts of his inherited strength.

APPENDIX.

PUBLISHER'S NOTE.

The publishers believe that the following address made by Alfred W. Lawson to Newspaper Representatives at Washington, D. C., September 19, 1922, and Copyrighted and Recorded in the Library of Congress and telegraphed to all parts of the world on that day, will interest many readers of this book as well as increase their understanding of the Law of Penetrability, which causes everything in the universe to move, as well as the movement of man, and therefore include it as an additional feature. It is a very big subject. In comparison to Lawson's Law of Penetrability and Zig-Zag-And-Swirl movement, Newton's Law of Gravity or Einstein's theory of Relativity are but primer lessons, and the lessons of Copernicus and Galileo are but infinitesimal grains of knowledge. Lawson has introduced the basic law of movement and mankind will, for all time to come, use this law as the foundation of Physics, Biology, Chemistry, Astronomy, Histology and every Science that deals with the movement of matter. It is the most far-reaching discovery ever made during the history of mankind.

The greater the work the greater the time and effort required to build and understand it.

THE KEY TO PERPETUAL MOVEMENT.

A DIGEST OF THE CAUSES AND EFFECTS
OF UNIVERSAL LAWS

BY

ALFRED W. LAWSON.

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at Washington, D. C., U. S. A., September 19, 1922.

Everything in the universe is Density.

The difference in density causes Penetrability.

Penetrability causes Displacement.

Displacement causes Suction.

Suction causes composition and Expansion.

Expansion causes reaction and Pressure.

Pressure causes Contraction.

Contraction causes repulsion and Decomposition.

Lawsonpoise is the equidisposition of composition and decomposition which causes Perpetual Movement.

Density consists of varying substances which causes Penetrability and Combination.

Without Penetrability, no movement could take place because one substance cannot move through another substance of equal density.

Penetrability causes solids to move through liquids; liquids to move through air; air to move through gas, etc.

So the first law of movement is Penetrability, which causes displacement and regulates speed.

When one substance penetrates another, a moving current is established and any movable formation in line of that current is moved.

All speed in movement is comparative to the penetrability of the substance moving. Substances of lesser density, such as light, heat and electricity, move with greater speed than combinations of gases, liquids and solids.

Displacement puts into movement two predominant factors—Suction and Pressure—which in turn causes Expansion and Contraction.

By Suction formation is drawn together and by Pressure, it is squeezed apart.

Suction is an attractive force which pulls together, composes and expands.

Pressure is a repellent force which pushes away, decomposes and contracts.

All formations are subjected to these two forces and when the power of Suction is less than that of Pressure, decomposition takes place.

Therefore, expansion is a Suction movement which draws in from without and contraction is a Pressure movement which pushes out from within.

An expansion movement in one part of the universe causes a contracting movement in another part of the universe and vice versa.

When Pressure squeezes out decomposing substances the space is refilled with new composition by Suction.

The perfect functioning of these two opposing forces throughout the universe causes Lawsonpoise, or the equidisposition of composition and decomposition.

Thus, while density is in a state of constant change still there is no loss anywhere and it is indestructible. And that which cannot be destroyed, could not have been created, and is therefore eternal.

The universe has no size nor shape; no inside nor outside; nor a center. It has no limits or boundaries of any kind. There is no such thing as direction in the universe. It is neither a plane, a cube nor a sphere. It has no such dimensions as squares, triangles, or circles. The universe has no Time.

Size is but a comparison between bodies or particles in density but the universe has no measurements at all.

The microbe, which is too small to be seen by the naked eye of man, is of enormous size when compared to the different organisms of which it is composed, while the earth, which appears large to man, is but a minute particle when compared to the surrounding heavens.

Man is only able to compare things with which he has become familiar, and up to the present time, he has only been able to familiarize himself with those bodies and particles which come within reach of his glasses. So from comparing the movements and

dimensions of these bodies he has formulated a system of time and measurements and directions.

The bodies moving through space known as stars, planets, comets, etc., are but minute particles of the universe, either moved by Suction for composition purposes or are being pushed away from some greater mass in a decomposed state by a contracting force to be reformed into another mass by Suction at another time and place.

It must be understood that the heavens as we know them, occupies but infinitesimal space in the universe and the distances between the bodies therein are only comparable with the distances between atoms.

The movements of these bodies in connection with each other are regulated by certain laws which are understood to some extent by man and in accordance with these movements a system of reckoning has been established known as the higher mathematics. This system, however, while adequate for computing measurements and movements of the earth and neighboring bodies, is entirely inadequate for computing the measurements of the greater mass formations and more complicated movements of universal Zig-Zag-And-Swirl.

Although no such thing as Time exists in the universe, still, a comparison of the movements of bodies in the nearby heavens has afforded a base from which man is enabled to record different periods and subdivide them into smaller units for his own convenience.

Therefore, what appears to man as great stretches of time in the movement of the stars, are in reality, instantaneous movements when compared to the greater stretches of time required for the movements of other and greater masses in the universe, while what appears but an instant to man appears as a long stretch of time to the microbe. So Time is merely a form of comparative consciousness.

Man's higher mathematics are limited to three dimensions: length, breadth and thickness. And scientists throughout the world labor under the impression that if another dimension is found, that all movements in the universe can be calculated from four dimensions. That is a stupendous error for scientists to make.

While a fourth dimension would undoubtedly be of great service to man and increase his understanding of Natural Laws to some considerable extent, still, the knowledge gained from one more dimension would be but a fraction of that necessary to understand universal movement which has neither beginning nor end, size nor shape, direction or time, and penetrability of varying density without limits.

The establishment of a limit to universal movement in the mind of man merely establishes a limit to his own consciousness.

Everything in the universe is interdependent upon everything else and the movement of any single body only obtains a direction by comparing its movement with the movement of some other body

or bodies with which it is associated. Therefore, the direction of its movement can only be understood by man as compared with the number of different bodies or formations that man is conscious of it being associated with.

No thing ever moved in a straight course in the universe, and no thing ever moved in a circle in the universe. No thing ever started to move and returned to the starting point again in the universe. Neither did it take the direction in which it was started. No thing ever remained in the same position nor contained the same composition in the universe even for an instant.

Penetrability of varying density makes possible that any body or particle moves through the universe in countless directions at the same time. A body does not move in a straight course, it does not move in a circle, nor in an elliptical, but it moves in what I have termed a Zig-Zag-And-Swirl, and it is neither coming nor going in any direction.

So, it becomes necessary to go beyond man's higher mathematics to compute the movements of bodies or particles in the Zig-Zag-And-Swirl and therefore a system of superlative mathematics must be created for the purpose with the understanding that not only a fourth dimension is needed but many other dimensions as well.

Zig-Zag-And-Swirl is movement in which any formation moves in a multiple direction according to the movements of many increasingly greater formations, each depending upon the greater formation for direction and upon varying changes caused by

counteracting influences of Suction and Pressure of different proportions.

For example, a germ upon a blood corpuscle might think he is moving in one, two or three directions only; the direction he takes himself, the direction taken by the corpuscle, and the direction taken by the blood. But still the germ, corpuscle and blood are dependent for further movement and direction upon a greater formation, man, and for this particular example this man walks along the aisle of an Airliner from bow to stern in a westerly direction. His walking speed is two miles an hour and he moves in an opposite direction from the course of the Airliner, which moves at a speed of one hundred miles an hour in an easterly direction and at an angle of thirty degrees to the surface of the earth. A forty-mile wind blows from the north which causes the Airliner to drift in a southerly direction.

Now, while the Airliner moves in three distinct directions at the same time, *i. e.*, going east, climbing upward, and drifting south, and the man moves in two distinct and opposite directions at the same time, *i. e.*, walking west, and downward at an angle of thirty degrees, and the germ, corpuscle and blood are moving in their respective directions, they all depend upon the greater movements of the earth which is swirling around at greater speed and is also moving around the sun at still greater speed. Furthermore, the solar system is also moving in a different direction at a still greater speed.

So there are eleven distinct directions just pointed out that the germ moves and eight different direc-

tions that man moves at the same time and all at different speeds.

Thus Zig-Zag-And-Swirl movement continues without direction or end. The earth, man and germ alike, are pushed and pulled and swirled through the universe in countless directions simultaneously and at varying and unthinkable speeds, changing position each instant by intervening spaces of trillions and more miles. And this is caused by Penetrability, with its conflicting currents of varying density moving along the lines of the least resistance.

All formations are caused by Suction and their growth and expansion depends upon their power to draw from within being greater than Pressure can squeeze from without.

Suction causes a pulling or swirling movement with attraction to the center, as proved by the movement and attraction of the earth, the sun and the solar system, or just plain eddies of air.

Everything must move in the direction of Lawsonpoise or until it reaches a level between Suction and Pressure. For example, a piece of wood submerged in water will rise until the Suction of the wood equalizes the Pressure of the water.

The earth is a living formation and obtains nourishment through the power of Suction. It draws into itself life giving substance which enable it to retain its shape from within by equalizing Pressure from without. It undergoes continuous change by drawing in new matter and squeezing out the old matter. It draws its substance from the heavens

it passes through and throws back into the heavens the waste matter for reformation.

Gravity is simply the attraction of Suction and as the earth absorbs its substance principally through its north end, its power of attraction is greatest at that point as proved by the compass.

When a complete survey has been made of both ends of the earth, it will be found that these ends are slightly drawn in toward the center and that new matter is drawn in at the north pole and waste matter is ejected from the south pole.

The earth will gradually lose its power of attraction as it loses Lawsonpoise. That is to say, when Suction from within cannot equal Pressure from without, permanent decomposition will begin and Pressure with a counteracting movement will literally squeeze the life out of it. It will slowly shrivel away and disappear.

The moon is an example of a formation in which Pressure has overbalanced Suction. It is losing Lawsonpoise and can no longer draw into itself sufficient sustenance to counteract outside Pressure consequently it is gradually being squeezed to death.

As the moon is controlled by the Suction of the earth, just as the earth is controlled by the Suction of the sun, its matter is gradually being drawn into the earth for sustentation and it is only a question of time when it will have been entirely absorbed by the earth. Ultimately the earth will pass away by the same slow process as well as all other formations.

The general belief that energy or motion is something existent and of a tangible form, is not only contrary to profound reasoning, but is also disproved by every movement, great or small in the universe.

There is not a movement, from an organism of the atom to the superlative mass formations beyond the heavens, that is not the effect of currents caused by penetrability of substances of varying density.

M mentality, light, heat, sound, ether and electricity are all substances of varying density, that move in currents along the lines of the least resistance.

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